

Bloody Good Too!



*Presented by St. Paul's Hospital
Renal Unit Staff*

It has been 5 years since we launched "A Bloody Good Cook Book." It was such a success that we decided to do another one.

Without our enthusiastic staff and a persuading Leesa this 2nd cookbook would not exist. So at this time we would like to express our gratitude to the wonderful staff who contributed their favourite recipes and to you who purchased this book.

Thank you

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gubalbero.

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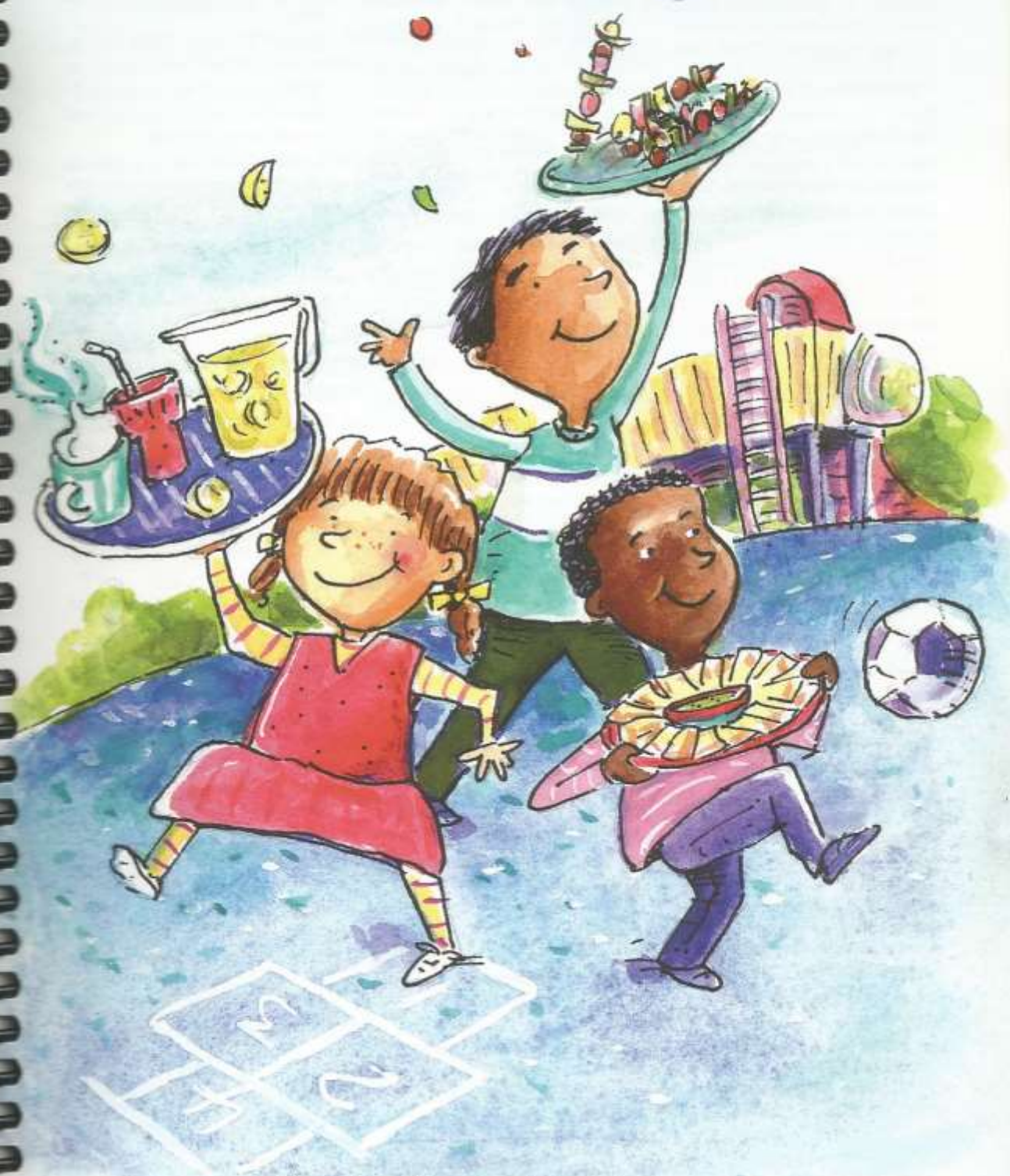
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My Favourite Recipes

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Appetizers & Beverages



COOKING TERMS

Bake: To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste: To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat: To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

Blanch: To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend: To combine two or more ingredients thoroughly.

Boil: To heat a liquid until bubbles continuously break on the surface.

Braise: To cook slowly in a small amount of liquid in a covered pan.

Bread: To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil: To cook by direct heat, under a broiler or over hot coals.

Caramelize: To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop: To cut food into small pieces with a knife.

Clarify: To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat: To cover food evenly with flour, crumbs or batter.

Coddle: To cook food slowly in water just below the boiling point.

Compote: Fruit stewed or cooked in syrup, usually served as a dessert.

Cool: To let food stand at room temperature until it is no longer warm to the touch.

Cream: To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube: To cut a solid food into cubes of about $\frac{1}{2}$ inch or more.

Cut in: To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

Dice: To make small cubes of $\frac{1}{4}$ to $\frac{1}{2}$ inch.

Dredge: To cover or coat food with flour or a similar fine, dry substance.

Dust: To sprinkle lightly with flour or sugar.

Fillet: A piece of meat, poultry or fish without bones.

Flake: To break food into small pieces, usually with a fork.

Flute: To make decorative indentations around the edge of pastries, fruits or vegetables.

Fold: To combine two ingredients. Using a spoon or spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry: To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze: To coat with a smooth mixture to give food a glossy appearance.

Grate: To rub food against a grater to form small particles.

Grill: To cook on a rack over hot coals or other direct heat.

Grind: To reduce to particles in a grinder, blender or food processor.

Julienne: To cut meat, vegetables or fruit into long matchlike strips.

Knead: To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate $\frac{1}{4}$ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate: To let food stand in a seasoned sauce called a *marinade* to tenderize and increase flavor.

Mince: To cut or chop into very small pieces, but smaller than diced.

Mix: To combine ingredients until evenly distributed.

Panbroil: To cook uncovered on a hot surface removing fat as it accumulates.

Parboil: To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare: To remove outer covering of fruit or vegetable with a knife.

Peel: To strip off or pull away outer covering of fruit or vegetable.

Poach: To cook slowly in a simmering liquid such as water or milk.

Purée: To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce: To rapidly boil down the volume of a liquid to concentrate flavor.

Roast: To cook meat in an uncovered pan by dry heat in an oven.

Sauté: To brown or cook in a small amount of fat (see **Fry**).

Scald: To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **Blanch**).

Score: To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear: To brown and seal surface of meat quickly with intense heat.

Shred: To cut into long, thin strips with a knife or shredder.

Simmer: To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver: To cut into long, thin pieces with a knife; e.g. almonds or pimiento.

Steam: To cook in a covered container above boiling water.

Steep: To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew: To simmer slowly in liquid deep enough to cover.

Stir: To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry: To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast: To brown with dry heat in an oven or toaster.

Whip: To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.



APPETIZERS & BEVERAGES

VEGAN DIP

Ghenet Adhanom

- | | |
|--|--|
| Water (start with 1/4 cup and add more to make it easy to blend the nuts until smooth) | 2 to 3 cloves grated garlic (the longer the garlic is in the mixture the stronger it gets) |
| 2 to 3 Tbsp cold-pressed olive oil (may add more to desired creaminess) | 2 to 3 slices fresh grated ginger root, chilies, cayenne pepper or some sliced jalapeno pepper |
| 7 oz raw cashews (or soaked and drained almonds, pecans, etc.) | Fresh cilantro (or your fresh or dried herb of choice) or poultry seasoning |
| Lemon or lime juice | Sea salt, soy sauce or tamari |

Blend the nuts until finely ground in the food processor or blender. Add a bit of water slowly until a thick "goop" forms. Add a few cloves of fresh garlic and slices of ginger root. Add some olive oil, Nama Shoyu (aged soy sauce) and sea salt and blend. Taste. If too sweet, add some lemon or lime juice. If too thick for the blender to handle, add more water. Then make adjustments for sweet, sour, spicy, salty and bitter using the above ingredients or substitutes. (I found that the chilies, garlic, salt, soy sauce, lemon juice and ginger were key for balancing the sweetness of the cashews or nuts.) For extra spicy, add 1 whole chopped jalapeno pepper or other chili pepper. Blend and at the end, add dried or fresh basil or cilantro or your favorite herb. (If you blend too much at the end, the green herbs will turn it an unappetizing greenish beige.) Serve with raw veggies (carrots, celery, broccoli, cauliflower, radishes or green beans).

This dip can be made thinner to use as a creamy salad dressing or thickened with veggies for a pate to spread on carrots or crackers or to roll up in lettuce leaves or nori seaweed sheets. Take a pint container to work with you along with your favorite veggies and/or lettuce or kale leaves.

This can also be used as rich, creamy salad dressing. Just add more water and salt, if needed. This dip gets thicker when it sits in the refrigerator. You can always add more water and stir before serving.

Life is a great bundle of little things.

TOMATO ONION TARTS

Dr. J.E. Kappel

1 sheet puff pastry, thawed
2 Tbsp olive oil
1 large onion, thinly sliced
1/2 tsp thyme

2 medium tomatoes, cut into 1/4 inch slices
8 kalamata olives, pitted and sliced

Roll the puff pastry into a 10 inch square. Cut into 8 squares, place onto a nonstick baking sheet and pierce all over with a fork; chill. Preheat oven to 400°F. Heat the oil in a small skillet over medium heat. Add the onion and thyme and cook, stirring occasionally, until the onion softens and begins to brown. Transfer the onion to a bowl and chill for 15 minutes. When the onion is cool, spread onto the centres of the pastry squares, leaving the edges bare. Top each square with a tomato slice and a couple of olive slices. Bake 20 to 30 minutes or until the edges are puffed and golden. Cool slightly and serve. Serves 4 or so.

MUSHROOM POPPERS

Dr. J.E. Kappel

15 to 20 white or brown mushrooms, stems removed
Several Tbsp simulated bacon chips (made from soy)
8 oz nondairy cream cheese

3 garlic cloves, minced
Finely chopped chives (as much as you want)
No salt but add pepper

Preheat oven to 350°F. Clean mushrooms. In a large bowl, combine cream cheese, garlic, chives, pepper and simulated bacon chips. With a small spoon, fill mushrooms with the mixture. Place filled mushrooms on a cookie sheet and bake for 15 minutes. Serves 1 to 10 people. Addictive.

SAUSAGE STUFFED MUSHROOMS

Norma Nordquist

1 lb sausage meat (mild Italian)
1/2 pkg frozen or fresh chopped spinach
1/4 cup fine bread crumbs

1/4 cup fresh grated Parmesan cheese
2 green onions

Brown sausage meat; remove from heat. Stir in spinach, bread crumbs and cheese. Fill hollowed out mushrooms. Bake 15 to 20 minutes at 350°.

CRUNCHY CHICKEN BITS

Ghenet Adhanom

Canola oil for greasing
1 kg (2 lb, 4 oz) chicken thigh
fillets or breast fillets
40 g (1/4 cup) soy free, gluten
free plain (all-purpose) flour

2 eggs or equivalent egg
replacer
2 Tbsp water
300 g (10 1/2 oz) plain potato
crisps, crushed

Preheat oven to 180°C (350°F/Gas 4). Lightly grease two baking trays. Cut the chicken into 3 cm (1 1/4 inch) pieces. Coat the chicken lightly in the flour, then dip in the combined mixture of the egg and water. Roll in the potato crisp, pressing on firmly. Layout the chicken in a single layer on the prepared trays and bake for about 15 to 20 minutes or until cooked through and golden brown. Turn once during cooking. Free of egg, dairy, gluten, nut and soy. Serves 4 to 6. Preparation Time: 30 minutes.

Hint: For an extra crunchy chicken bit, deep fry in hot canola oil until cooked and golden brown.

Crunchy Chicken Bits With Chives: Add 15 g (1/4 cup) finely chopped fresh chives to the potato crisps. Follow the same method.

Crunchy Chicken Bits With Garlic: Fry 1 to 2 crushed garlic cloves in a small amount of canola oil. Cool, then add to the potato crisps. Follow the same method.

BOURSIN AND NAN

Sandy Knezacek

Brush both sides of the nan bread with EVOO (extra virgin olive oil), 2 or 3 pieces depending on how much you want to make (nan bread is better than pita), then cut each piece into 8 triangles. Lay onto cookie sheet or pizza sheet and sprinkle with oregano. Bake at 400° for a few minutes until they crisp up (watch they don't burn). Serve with Boursin cream cheese. Great appetizers - we have this for every family holiday dinner as an appetizer.

STUFFED SHRIMP

Yolly Pines

12 big shrimp
12 Tbsp ground pork
1 Tbsp green onion

Salt and pepper, to taste
12 egg roll wrappers

Remove shells from shrimp, leaving the tails intact. Combine ground pork, green onion, salt and pepper. Open the back of each shrimp and fill opening with 1 tablespoon of ground pork mixture. Wrap in egg roll wrappers and deep fry in hot vegetable oil. Serve hot.

TORTILLA SNACKS

Darlene Cymbalisty

8 oz cream cheese
1 cup old cheddar, shredded

**1 pkg Hidden Valley Ranch
Mexican style mix**
1/4 cup mayonnaise

Mix ingredients together well. Spread onto tortillas. Roll up, wrap in Saran Wrap. Chill about 4 hours. Slice into 1/4 inch pieces. Serve.

CHEESE AND PESTO TORTE

Bev Foster

**8 oz light or regular cream
cheese, softened**
8 oz goat cheese, softened
1/2 cup butter, softened
1 cup basil pesto

**1/2 cup chopped sun-dried
tomatoes**
1/2 cup toasted pine nuts
Fresh basil leaves for garnish

In food processor or bowl, blend cheeses with butter until smooth. In bottom of 7 inch springform pan, spread 1/3 of the cheese mixture in an even layer. Spread with 1/2 of the pesto sauce, another 1/3 of the cheese mixture, remaining pesto and remaining cheese mixture. To make spreading pesto easier, chill after each cheese layer. Cover with plastic wrap and chill for 1 hour. Garnish with pine nuts in spoke pattern and then with sun-dried tomatoes in between. Press lightly into cheese. Remove sides of springform pan. Refrigerate until ready to serve and let come to room temperature for easier spreading. Garnish with basil if desired.

BETTER BLUE CHEESE DIP

Sheila Clancy

1 oz crumbled blue cheese
2/3 cup plain low fat yogurt

2 Tbsp lemon juice

In a small bowl combine all ingredients. Season with salt and pepper. Mix well with a fork mashing cheese to combine.

PIZZA DIP

Cathy Hinthner

8 oz cream cheese
Sprinkle garlic and oregano
1 small can pizza sauce
**2 cups mozzarella cheese,
grated**

1 cup cheddar cheese, grated
1 red pepper, chopped
1 green pepper, chopped

In an 8x8 inch pan, spread cream cheese; sprinkle with garlic and oregano. On top spread remaining ingredients and bake for 20 minutes at 350°F. Serve with taco chips.

SIX LAYER DIP

Melissa Threlfall

1 ripe avocado, cut in half,
divided
250 g pkg brick cream cheese,
softened
1 cup sour cream
2 Tbsp (1/2 of 35 g pkg) taco
seasoning mix

3 Tbsp salsa
1 small tomato, chopped
3/4 cup cheddar shredded
cheese
2 green onions, sliced

Mash half of the avocado with cream cheese until well blended; spread onto bottom of serving dish or pie plate. Mix sour cream and seasoning mix; spread over cream cheese mixture. Chop remaining avocado; mix with salsa. Spread over sour cream layer; cover with remaining ingredients. Refrigerate several hours or until chilled. Serve with crackers or taco chips.

HOT ARTICHOKE DIP

Roxanne Kroeker

1 cup Miracle Whip
1 cup 100% Parmesan cheese

1 can artichoke hearts
2 green onions

Combine and put in dipper slow cooker or put in oven until warm. Serve with crackers or tortillas.

SURPRISE DIP

Mariatu Sesay

8 oz cream cheese
1/2 cup sour cream
1/4 cup Miracle Whip or
mayonnaise
2 to 3 cans shrimp or crab
Seafood cocktail sauce

1 to 2 cups grated mozzarella
cheese
Fresh diced tomato and/or
chopped green onion
(optional)

Mix cream cheese, sour cream and Miracle Whip in a bowl. Place mixture on a flat plate. Layer on shrimp and then cocktail sauce and top with grated cheese. Cover with Saran Wrap and refrigerate. Serve with tortilla chips or crackers.

*Not everything that can be counted counts,
and not everything that counts can be counted.*

SALSA

Jane Mair

16 cups ripe tomatoes, peeled
and chopped
4 large onions, chopped
1 large red pepper, chopped
4 large yellow peppers, chopped
4 large green peppers, chopped
2 cups celery, chopped

6 jalapeno peppers, chopped
3 cloves garlic, minced
2 large cans tomato paste
6 tsp pickling salt
2 cups vinegar
Crushed chilies

Cook all ingredients for approximately 30 minutes then taste (reserve 8 cups of tomatoes for later). Add crushed chilies to taste. Continue cooking until tender, 1 to 2 hours. Add remaining tomatoes and boil 1 to 2 minutes. Pack in hot sterilized jars and store in fridge or process 20 minutes. Makes 16 pints.

RANCH SALSA

Alisa Funk

1 red onion
1 red pepper
1 can black beans
1 can corn niblets

1/2 cup ranch dressing
1/2 tsp cumin
1/2 tsp chili powder

Dice red onion and red pepper. Mix with black beans and corn. Mix sauce (ranch dressing, cumin and chili powder) and pour over veggies. Tastes better if it marinates in refrigerator for a bit. Serve with taco chips.

PEBRE - CHILEAN SALSA

Camila Navarro

6 tomatoes
1 large onion
1/2 bunch cilantro
2 small cloves garlic, minced
2 Tbsp olive oil

1 Tbsp salt
1 1/2 cups boiling water
Salt, to taste
1 Tbsp hot sauce or to desired
taste

Peel and chop tomato into small pieces. Peel and chop onion into small pieces. Place onion into boiling water with 1 tablespoon salt (to lessen zestiness in onion) and set aside for 10 minutes. Chop rinsed cilantro. Combine all ingredients and serve on top of potatoes, rice, pasta, meat, fish.

TEXAS CAVIAR

Bev Foster

15 oz can black-eyed peas,
drained and rinsed
15 oz can hominy corn, drained
and rinsed
1 cup salsa
1 green pepper, chopped

4 green onions, chopped finely
1/2 cup chopped onion
2 tomatoes, seeded and chopped
2 minced cloves garlic
1/4 cup chopped parsley

Mix all ingredients together and refrigerate. Drain before serving. Serve with tortilla chips.

SALSA

Bev Foster

4 1/2 lb chopped ripe tomatoes
3 hot chili peppers
1 to 2 cans tomato paste
3/4 cup vinegar
1/4 cup brown sugar

2 tsp paprika
2 jalapeno peppers
1 Tbsp pickling salt
4 cloves garlic

Combine in a large pot. Bring to a boil over medium heat. Simmer for 16 minutes until thick. Pour into hot jars.

ANDREA'S GREEK APPETIZER

Juliette Tokar

1/2 cup black olives
1/2 cup red peppers
1/2 cup yellow peppers
1/2 cup sweet red onions

1 cup crumbled feta cheese
1/2 cup Greek salad dressing of
your choice
Zest and juice of 1/2 lemon

Chop first 4 ingredients into fine pieces. Add rest of ingredients. Marinate overnight. Serve with scoop tortilla chips.

JAPANESE CHICKEN WINGS

Annette Mireau

3 lb chicken wings
1 beaten egg
1 cup flour
1/2 cup butter

Sauce:
3 Tbsp soya sauce
3 Tbsp water
1 cup sugar
1/2 cup vinegar
1/2 tsp salt

Dip chicken in egg, then flour. Brown in frying pan with butter until all sides are brown. Put in shallow baking pan. Combine sauce ingredients and pour over. Bake at 350° for 3/4 hour. Turn once after 20 minutes. This dish can also be used with chicken breasts and makes a great sweet and sour chicken dish.

DILL PICKLE CHEESE BALL

D'Arcy Turner

8 oz brick cream cheese	1/2 cup chopped dill pickle (or 3 medium dill pickles)
1 cup shredded cheese	2 Tbsp mayonnaise
1/4 cup chopped green onion (or 2 green onions)	1/2 tsp gluten free Worcestershire sauce

Place green onions and dill pickles in food processor. Pulse until chopped. Add remaining ingredients and blend till smooth/combined. Shape into ball or place in a bowl. Chill 2 to 4 hours before serving with your favorite crackers - gluten free of course!

JOSE'S BAKED ARTICHOKE DIP

Juliette Tokar

1/4 cup mozzarella cheese	2 crushed garlic cloves
2/3 cup Parmesan cheese	1 can artichoke hearts
1 chopped onion	1/3 cup mayonnaise

Mix and bake for 30 minutes. Excellent hot or cold.

CRAB CREAM CHEESE DIP

Sheila Clancy

8 oz pkg cream cheese	1/2 cup chilli sauce
1 Tbsp grated onion	7 oz can crab, drained
1 Tbsp Worcestershire sauce	2 Tbsp fresh parsley, chopped
1 1/2 tsp lemon juice	

Combine first 4 ingredients in food processor and put into 9 inch pie plate. Top with chilli sauce and the crab. Garnish with parsley. Serve with crackers. (Option: Can use shrimp instead of crab.)

CHUNKY GUACAMOLE

Audrey Miller

1/4 cup freshly squeezed lime juice	2 ripe medium tomatoes, chopped
3 Tbsp chopped fresh cilantro	1/2 cup finely chopped red onion
1 garlic clove, minced	1/2 tsp salt or to taste
1 tsp Tabasco sauce or to taste	3 ripe medium avocados
1/2 tsp ground cumin	

Place all ingredients, except the avocado, in a medium bowl. Cut the avocados in half lengthwise. Remove the pits. Use a small spoon to scoop out the flesh of the avocados onto a cutting board. Coarsely chop the avocado. Place in the bowl with the other ingredients and gently toss to combine. Cover and store in the fridge until needed. Serves 8.

SPINACH DIP

*Administrative Staff at the
Saskatoon Nephrology Group*

1 pkg frozen spinach
2 pkg cream cheese
1 cup mayonnaise
1 cup grated cheddar
1/4 chopped onion
1 tsp dill

1 clove garlic (or sprinkle with)
Optional:
1 pkg bacon, cooked and
crumbled (or use the real
bacon bits)

Mix or blend first 3 ingredients together (however you prefer your spinach). Stir in remaining ingredients and cook at 300° for about 2 hours in a hollowed out sourdough or pumpernickel bread loaf.

DEVIL'S DIP

*Administrative Staff at the
Saskatoon Nephrology Group*

1 pkg cream cheese
1 cup sour cream
1 1/2 cups salsa

Onion salt
Chili powder
Mozzarella and cheddar cheeses

Beat together first 5 ingredients. Sprinkle top with cheeses. Bake at 350° for about 20 minutes. Use as a dip for nacho chips.

BOMBAY SPICED CASHEWS

Tristan Tkachuk

1 Tbsp butter
1 garlic clove, crushed or
minced
2 tsp curry powder

1 tsp Worcestershire sauce
1/2 tsp chili powder
1/4 tsp cayenne pepper
2 cups roasted salted cashews

In a frying pan, saute garlic in butter till soft. Add the curry, Worcestershire, chili and cayenne and stir till bubbling over medium heat. Add cashews and stir frequently till hot and well coated, about 3 to 4 minutes. Spread on paper towels to cool. Store in fridge.

*It's not the years in your life that count.
It's the life in your years.*

MANGO CHICKEN QUESADILLAS

Audrey Miller

2 small boneless, skinless
chicken breasts
8 oz can tomato sauce
1 dried ancho or pasilla chilli
pepper, stemmed and seeded
Salt
4 (10 inch) flour tortillas
6 oz thinly sliced jack cheese
1 ripe mango, peeled, pitted and
thinly sliced

1/4 cup minced red bell pepper
1/4 cup sliced green onions
Mango Salsa:
1 large peeled and pitted and
chopped mango
1/3 cup chopped red bell pepper
1/4 cup minced red onion
1/2 Tbsp chopped fresh cilantro
1/2 Tbsp lime juice
1/8 tsp salt

Cook chicken on a lightly oiled grill over medium heat for about 5 minutes on each side or until lightly charred and cooked through. Let cool slightly and cut into bite sized strips. In a blender or a food processor, puree tomato sauce and dried pepper. Transfer to a saucepan and simmer over medium heat for 15 minutes. Add grilled chicken to pan and toss well to coat; season to taste with salt. Place tortillas on flat surface. Top half of each tortilla with equal amounts of cheese, mango, bell pepper, green onion and chicken; fold over tortilla. Cook in a large skillet on both sides until cheese is melted and tortilla crisp, about 5 minutes on each side. Serve with mango salsa. Makes 4 entree servings or 8 appetizer servings.

Mango Salsa: In a small bowl, stir together all ingredients. Serve with quesadillas.

KAHLUA

Joelle Percival

5 cups water
3 cups white sugar (or less)
26 oz bottle brandy

2 oz instant coffee (1/4 cup)
1 cup rye
2 tsp vanilla

Boil water and sugar until sugar dissolves and liquid thickens. Cool. Dissolve coffee in rye. Mix everything together. Store for 3 weeks.

MALIBU SLUSH

Audrey Miller

26 oz Malibu coconut liqueur
1 can orange juice concentrate
1 can frozen lemonade
concentrate

1 box pineapple juice
1 cup strong tea (4 tea bags)

Freeze and enjoy on hot summer day!

ROBERTA'S PUNCH

Andrea Wiebe

24 oz cranberry juice (3 cups)
48 oz pineapple juice (6 cups)
2 cans frozen orange juice

2 pkg orange Kool-Aid
2 pkg cherry Kool-Aid
4 cups sugar

Mix ingredients together. This syrup can be frozen. It makes 10 cups or 2 punch bowls. To make 1 punch bowlful mix 5 cups syrup, 8 cups water and 1 (2 liter) bottle gingerale. (Can use frozen concentrate cans for pineapple juice, just add 1 can of water.)

SANGRIA (Spanish Drink)

Judy Walker

1 bottle white wine
1/4 to 1/2 cup sugar
1 sliced orange
Sliced strawberries

1/2 cup peach schnapps
2 sliced peaches
1 sliced lemon
1/2 L gingerale or club soda

Pour wine and schnapps in a pitcher and add sliced fruit. Add sugar and stir. Chill and add ginger ale or club soda just before serving.

SUN TEA

Poppy Lowe

Put 4 to 6 tea bags into a 2 quart glass container. Fill with water and cap. Place outside when the sunlight can strike the container for about 3 to 5 hours. When the tea has reached its desired strength, remove from sun. Add lemon slices or lemon juice and sugar to taste. Refrigerate. Use within 1 to 2 days.

SLUSH

Poppy Lowe

2 bananas, mashed
Juice and pulp of 2 oranges
Juice and pulp of 2 lemons
1 small can crushed pineapple

1 tsp grated lemon and orange rind
1 cup sugar
2 cups ginger ale

Mix all ingredients adding ginger ale last. Stir well. Freeze to slush stage. Keeps well. Yield: 15 servings.

FESTIVE PUNCH

Diane Shendruk

1 can frozen concentrate citrus juice
1 can frozen pink lemonade

2 L bottle ginger ale
1 container raspberry sherbet

Mix all in large punch bowl and serve.

TRIPLE THREAT FRUIT SMOOTHIE

Chris Clarion

1 kiwi, sliced
1 banana, peeled and cut
1/2 cup blueberries (fresh or frozen)
1 cup strawberries (fresh or frozen)

1/2 cup orange juice
5 to 8 ice cubes (depending on how chilled you want it)
1/2 cup or 1 single serving container peach yogurt

Put all ingredients into blender on medium setting until desired consistency. You can change the amount of fruit for more or less to get a preferred taste to your liking.

TYLER'S TANGY PUNCH

D'Arcy Turner

3 oz frozen limeade concentrate
3 oz frozen lemonade concentrate

1 L apple juice
1 to 2 (2 L) bottles club soda to fill punch bowl

Combine above ingredients in punch bowl and serve chilled.

ANYTIME TROPICAL FRUIT SMOOTHIE

Chris Clarion

1 mango, peeled and seeded or use canned mango
1 papaya, peeled, seeded and cut

1/2 cup strawberries (fresh or frozen)
1/2 cup orange juice
5 to 8 ice cubes (depending on how chilled you want it)

Put all ingredients into blender and blend on medium setting until desired consistency. You can add yogurt (plain/flavoured) or milk to make it creamy. You can add 1 to 2 tablespoons honey to make it sweeter.

CITRUS SUNSHINE PUNCH

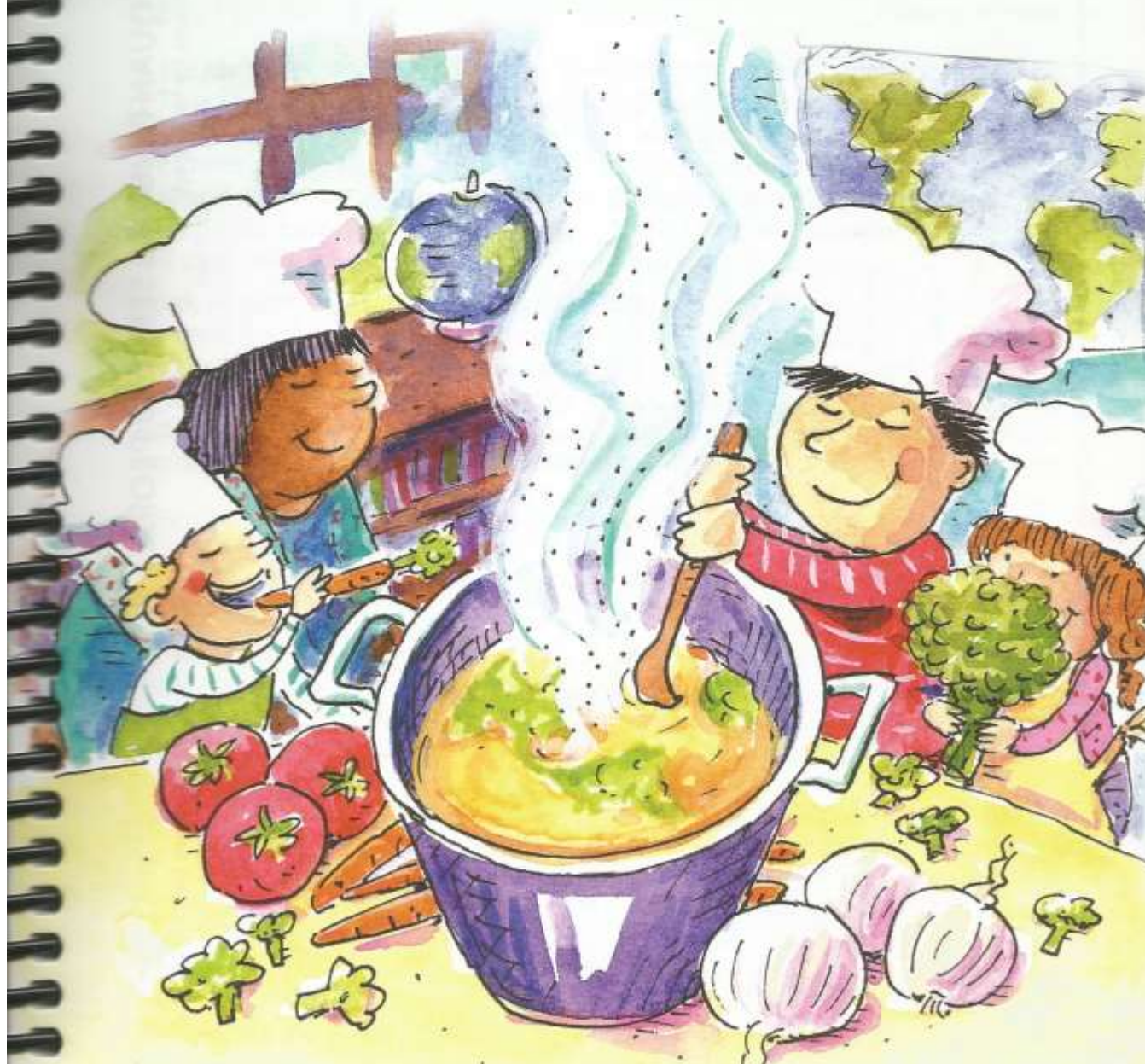
Judy Walker

12 oz can frozen lemonade
12 oz can frozen limeade
12 oz can frozen orange juice
6 cans water

1 L container orange sherbet
2 L gingerale
Ice cubes

Combine juices with water in a punch bowl. Mix well. Add very cold gingerale and ice cubes. Top with scoops of sherbet. You may use lemon or orange peel for a garnish.

Soups & Salads



FOOD QUANTITIES TO SERVE 50 PEOPLE

	Serving Portion	Amount for 50 People*		Serving Portion	Amount for 50 People*
Beverages			Meat		
Cocoa, mixed	¾ cup	40 cups	Beef, ground	3 oz	13 to 15 lb
unsweetened powder		½ lb	boneless round, rump	3 oz	16 to 18 lb
Coffee	¾ cup	1 ½ lb	Lamb, boneless leg	3 oz	15 lb
Punch	½ cup	25 cups	Pork, boneless loin	3 oz	18 to 20 lb
Tea	¾ cup	½ lb	boneless ham	3 oz	15 lb
Bread and Crackers			Salami	3 oz	10 lb
Bread	1 slice	4 loaves	Sliced luncheon meat	3 oz	3 ½ lb
Rolls	1 roll	5 dozen	Weiners	1 oz	10 lb
Crackers (soda)	2 crackers	1 ½ to 2 lb	Poultry		
Cereals			Chicken, fryers	¼ fryer	13 fryers
Rice	½ cup	3 to 4 lb	Turkey	3 oz	36 lb
Macaroni, noodles, spaghetti	½ cup	4 ½ to 5 lb	Pickles		
Dairy Products			Dill or sweet		10 cups
Butter, for table	1 Tbsp	1 to 1 ½ lb	Relish		8 cups
for vegetables	½ tsp	¾ lb	Salads		
Cheddar cheese	1 to 1 ½ oz	3 to 5 lb	Green	¾ cup	32 to 40 cups
Cream, coffee	2 Tbsp	7 cups	Potato, chicken or fruit	½ cup	28 to 32 cups
whipping	½ cup	3 cups	Salad Dressings		
Ice cream	1 cup	25 cups	Mayonnaise	1 Tbsp	4 cups
Milk	1 cup	50 cups	French	2 tsp	3 to 4 cups
Desserts			Sandwiches		
Cakes, angel food		3 to 4 cakes	Main meal	1 ½	70 to 80
pound or loaf		4 loaves	Afternoon	1	50
8x8 inch square		3 to 4 cakes	Vegetables		
Cookies or slices	3 pieces	150 pieces	Asparagus	½ cup	18 to 20 lb
Pies	½ pie	6 pies	Beans, green or wax	½ cup	10 to 12 lb
Fish			Broccoli	½ cup	16 to 20 lb
Fillet	3 oz	14 to 16 lb	Cabbage	1 wedge	12 to 14 lb
Whole	3 oz	40 lb	Cauliflower	½ cup	16 to 18 lb
Fruits			Celery, sticks	4 sticks	4 to 5 lb
Apples	1	15 lb	Corn on the cob	1 ear	5 dozen
Bananas	1	16 lb	Lettuce, for tossed salad	1 cup	8 heads
Peaches	1	12 to 15 lb	Potatoes, baked	1 potato	8 to 10 heads
Raspberries or strawberries	½ cup	14 lb	mashed	½ cup	15 lb
Juice, fruit or vegetable	½ cup	25 cups	Tomatoes, sliced	3 slices	15 lb
			Frozen Vegetables		10 lb

* Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.

SOUPS & SALADS

TOMATO LENTIL SOUP

Dr. J.E. Kappel

Garlic (as much as you can stand), minced
1 medium onion, diced
3 medium carrots, diced
2 Tbsp olive oil
2 stalks celery, diced

6 to 8 cups vegetable stock
28 oz can diced tomatoes
19 oz can lentils
Pepper
Cayenne pepper
1 cup small pasta

In a large soup pot, sauté garlic, onions, carrots and celery until onions are translucent. Add stock, tomatoes, lentils and pepper. Bring to a boil. Reduce heat to low and simmer for 20 minutes or until carrots are tender. Add pasta and cook for another 10 minutes before serving.

LENTIL SOUP

Helena Harder

1 1/2 cups dry lentils
1 Tbsp butter
2 Tbsp oil
3 cloves garlic (or 1 tsp)
2 small onions, chopped
1 large rib celery, chopped
1/4 cup celery leaves

3 carrots, thickly sliced
1/3 cup brown rice (raw)
1 1/2 Tbsp parsley, chopped
1 1/2 tsp sea salt
3 Tbsp brewer's yeast flakes
1 1/2 Tbsp soy sauce
Pepper

Soak lentils overnight in cold water. Place oil, butter, onions, celery (and leaves), carrots, brown rice, parsley and garlic into a large pot. Sauté 5 minutes. Drain water off lentils and add to pot. Add 2 quarts cold water. Bring to a boil, cover and simmer about 1 hour, until lentils are tender. Add salt, pepper, brewers yeast and soy sauce. Cook 15 to 20 minutes more. This soup tastes even better the next day if there is any left over.

*Concentrate on finding your goal,
then concentrate on reaching it.*

LEMON LENTIL SOUP

Bev Foster

1 Tbsp cooking oil
1 1/2 cups onion, chopped
1 1/2 cups carrots, chopped
1 1/2 Tbsp curry powder
6 cups vegetable or chicken stock

1 can lentils, drained and rinsed
1 can coconut milk
2 bay leaves
2 cups fresh spinach
2 Tbsp lemon juice
1/4 tsp salt

Heat oil in large pot. Add onion and carrot. Cook about 5 minutes until onion starts to soften. Add curry powder. Heat for 1 to 2 minutes. Add next 4 ingredients. Bring to a boil. Reduce heat to medium. Cover and simmer for 5 minutes, stirring occasionally. Discard bay leaves. Add remaining 3 ingredients. Heat and stir for about 2 minutes until spinach is wilted. Makes about 11 cups.

TORTELLINI BEAN SOUP

Dr. J.E. Kappel

2 tsp vegetable oil
1 onion, chopped
1 tsp dried basil
3 cups vegetable stock
8 oz cheese filled tortellini
1/4 tsp pepper
4 carrots, chopped

2 cloves garlic, minced
1 bay leaf
19 oz can tomatoes
1 cup rinsed drained canned black beans
1/4 cup freshly grated Parmesan cheese

In a large heavy saucepan, heat oil over medium heat; cook carrots, onion, garlic, basil and bay leaf, stirring occasionally, about 5 minutes. Add stock and tomatoes, breaking up with back of spoon; bring to a boil. Add tortellini and return to a boil. Reduce heat and cook, stirring occasionally, for about 10 minutes or until pasta is almost tender but firm. Stir in beans and season with pepper; heat until simmering. Discard bay leaf. Ladle into bowls and sprinkle with Parmesan. Serves 4.

*Life is just a blank slate. What matters
most is what you write on it.*

TOMATO-CORN CHOWDER WITH BLACK BEANS

Audrey Miller

2 lb tomatoes
1 onion, chopped
1 Tbsp oil
3 cups chicken stock or water
2 cups sweet corn kernels
19 oz can black beans, drained
and rinsed

1 1/2 tsp ground cumin
1 tsp salt
1 tsp dry oregano
Pinch cayenne pepper
1/4 cup chopped fresh cilantro

Remove tomato stems. Place tomatoes in single layer on baking sheet; broil as close as possible to element for about 10 minutes, turning once or until skin is blistered and blackened. Leave until cool enough to handle; remove skins and chop coarsely. In large saucepan, cook onion in oil over medium heat until softened, approximately 3 minutes. Stir in stock, chopped tomatoes, corn, beans, cumin, salt, oregano and cayenne; bring to boil. Reduce heat, cover and simmer for 15 minutes. Stir in cilantro and serve.

BLACK BEAN SOUP

Judy Timmerman

16 oz jar salsa
1 medium onion
1 tsp cumin
1 Tbsp garlic
2 cans black beans (do not drain)

2 tsp lemon juice
2 Tbsp beef bouillon
Salt and pepper, to taste
Sour cream for garnish

Put in slow cooker for 4 to 5 hours. Stir occasionally. Serve with a spoon of sour cream.

LYNDON'S BEAN SOUP

Judy Timmerman

1/4 cup lima beans
1/4 cup kidney beans
1/4 cup pinto beans
1/4 cup lentils
1/4 cup yellow split beans
1/4 cup white beans
1 whole onion, chopped
2 qt water

1/2 lb ham, chopped (I use ham
bone simmered for about 4
hours)
1 large can tomatoes
Juice of 1 lemon
Salt and pepper, to taste
2 tsp chili powder

Wash beans and soak overnight. Rinse beans and throw out water. Add water to beans and bring to boil. Simmer for 2 to 2 1/2 hours or until beans are soft. Add all other ingredients and simmer about another hour.

BEAN & BARLEY SOUP

Diane Smith

- | | |
|------------------------------------|---|
| 1 Tbsp olive oil | 19 oz can red kidney beans |
| 2 large carrots, peeled and sliced | 1/4 cup uncooked pearl barley |
| 2 stalks celery, sliced | 2 cups diced tomatoes (19 oz can) |
| 1 large onion, chopped | 2 cups firmly packed fresh spinach, chopped |
| 1 box ready to use vegetable broth | |

Heat oil in large saucepan on medium high heat. Add carrots, celery and onion. Cook and stir till veggies are tender. Drain and rinse kidney beans. Stir broth, beans, tomatoes and barley into veggies. Cover and cook 30 minutes or till barley is tender. Stir in spinach and season with black pepper. Cook till spinach is tender, 3 to 4 minutes.

VEGETABLE SOUP

Dr. J.E. Kappel

- | | |
|----------------------------------|--|
| 3 Tbsp olive oil | 1 tsp each fresh thyme and rosemary |
| 1 large onion, chopped | 8 cups vegetable stock |
| 3 leeks, thinly sliced | 8 medium tomatoes, peeled or 19 oz can crushed tomatoes with juice |
| 1 clove garlic, minced | 4 large carrots, sliced |
| 3 to 4 celery stalks, chopped | 1 Tbsp fresh tarragon (optional) |
| 1/2 small head cabbage, shredded | Salt and pepper, to taste |
| 3/4 lb new potatoes, cubed | |

Heat the oil in a heavy saucepan and lightly brown the onion, leeks, celery and garlic for 5 minutes. Add the carrots, cabbage and potatoes and stir well. Stir in herbs. Cover with stock and bring to a boil. Cover and let simmer until the vegetables are tender, stirring and tasting occasionally. Add the tomatoes and tarragon if using and stir. Season to taste and heat through. Serves 4 to 6.

*Shoot for the moon. Even if you miss
it, you'll land among the stars.*

CARROT AND ASPARAGUS SOUP

Helena Harder

- | | |
|---|--|
| 1/2 lb carrots, sliced | 1/3 tsp cumin seed powder |
| 1/2 lb asparagus, cut heads (do not discard sticks) | 1/4 tsp black pepper powder |
| 1/2 onion, sliced longitudinally | 1/4 tsp (or to taste) curry powder (optional, for extra spicy) |
| 2 cups unpeeled zucchini, chopped | Salt, to taste |
| 1/4 small beet root, minced | 4 to 5 cups water |
| | 1 Tbsp vegetable oil or ghee |

Peel off the hard skin of the asparagus sticks and chop them. Take 1/3 of the sliced carrots and 1 cup of the zucchini. Blend in a blender until it has a paste appearance. You have to add water. This will make a soup base. Heat oil at medium high and add onion. Cook for 5 minutes. Now pour the paste in a cooking pan and stir fry for 5 to 7 minutes. Add salt, spices or seasoning at this stage then mix it. Add beets, carrots and zucchini; cook for 10 minutes and stir. Pour half of the water. Boil for 10 minutes. Now add asparagus heads and rest of the water and again boil for some time until the carrots and asparagus are soft and start shredding. Stir in between occasionally.

THREE SISTERS SOUP

Judy Timmerman

- | | |
|-------------------------------|-------------------------|
| 2 cups corn kernels | 2 Tbsp butter, softened |
| 2 cups chopped green beans | 3/4 tsp salt |
| 2 cups cubed butternut squash | 1/2 tsp pepper |
| 1 1/2 cups diced potatoes | 5 cups water |
| 2 Tbsp all-purpose flour | |

In large pot, combine corn, green beans, squash, potatoes and water. Bring to boil. Reduce heat; simmer, covered, for about 10 minutes or until vegetables are almost tender. Blend together flour and butter until completely combined; stir into soup. Increase heat to medium; cook for 5 minutes, stirring occasionally. Stir in salt and pepper.

*Forgiveness does not change the past,
but it does enlarge the future.*

BROCCOLI CHEESE SOUP

Sheila Clancy

2 carrots, sliced
1 clove garlic, minced
2 Tbsp butter
1 Tbsp flour

2 cups vegetable stock
4 cups broccoli florets
2 cups shredded cheddar cheese

In saucepan, melt butter and sauté garlic and carrots for 7 minutes over medium high heat. Add flour; stir until thickened. Slowly add vegetable stock, stirring as you do so. Add broccoli. Bring to a boil and simmer 20 minutes. Add milk and simmer but do not let boil. When broccoli is soft, transfer to food processor and puree. Put back into pot, add cheese and stir until melted. Serve.

CREAM OF BROCCOLI SOUP

Patty Muir

1/2 cup chopped onions
2 Tbsp margarine
1/4 cup flour
2 cups water

2 cups finely chopped broccoli
1 chicken broth cube
1 cup milk
Salt and pepper, to taste

Saute onions in margarine. Stir in flour and then water. Add broccoli and chicken cube. Cook until broccoli is slightly tender. Carefully stir in milk.

CARROT & SPINACH SOUP

Carmen Berglund

3 Tbsp butter
1 cup chopped onion
2 Tbsp flour
1 cup half and half cream
284 mL can chicken broth
1 cup grated carrots

300 g pkg chopped frozen spinach, thawed and drained
1/4 tsp salt
1/4 tsp pepper
Pinch nutmeg

In saucepan, melt butter; add onions. Cook over medium heat, stirring occasionally, till onions are tender. Stir in flour till smooth and bubbly. Stir in cream and broth. Add remaining ingredients. Continue cooking over low heat, stirring occasionally, till soup is heated through, 12 to 15 minutes.

Note: I sometimes use 2% milk (for lower fat) and also add grated potato to it for a more filling soup. I also rarely use frozen spinach - fresh is so much better.

CORN CHOWDER

Stacey Hammond

4 bacon slices, diced
1 medium onion, chopped
2 cups niblets corn (fresh or frozen)
1 1/2 cups potato, diced

10 oz condensed cream of mushroom soup
3 cups milk
1/2 tsp salt
1/8 tsp pepper

Sauté onion until clear; add bacon and cook. Add next 6 ingredients. Bring to a boil. Cover and simmer until potato is cooked. Stir occasionally. Yields 6 cups. (Option: Replace corn with a 10 ounce can of cream corn.)

INGA'S BAKED POTATO SOUP

D'Arcy Turner

1 1/2 tsp cooking oil
1/2 cup onion, chopped
1/2 cup carrot, diced
1/2 cup celery, diced
4 cups chicken stock
4 cups peeled potato, diced

1/4 tsp dill weed
1/4 tsp pepper
8 bacon slices, cooked crisp and crumbled
1/2 cup medium cheddar cheese, grated

Heat oil in large saucepan on medium heat. Add onions, carrot and celery. Cook for 5 to 10 minutes, stirring often, until onion is softened. Add chicken stock, potato, dill weed and pepper. Stir. Bring to boil. Reduce heat to medium low. Simmer, uncovered, for 10 to 15 minutes, stirring occasionally, until potato is tender. Add bacon and stir. Makes 8 cups. Sprinkle cheese on individual servings.

GREEK LEMON-RICE SOUP

Diane Smith

2 cans chicken broth (20 oz)
1/4 cup long grain rice
2 eggs
2 Tbsp lemon juice
2 Tbsp half and half or milk

1/4 tsp salt
Dash pepper
1 tsp grated lemon peel
Parsley

Combine broth and rice in medium size micro safe casserole dish. Cover; microwave on high 18 to 20 minutes till rice is tender. Beat eggs well; beat in lemon juice. Slowly pour some of hot mixture into egg mixture, stirring well to keep it from separating. Then mix egg mixture back into broth, stirring well. Stir in milk, pepper and salt. Microwave on high 1 to 2 minutes till hot but do not boil as eggs will curdle. Garnish with lemon peel and parsley. Instant rice can be used - increase to 1/2 cup and reduce cooking time to 8 minutes.

HARD ROCK CAFE BAKED POTATO SOUP *Pamela Pott*

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|--|-------------------------------|
| 8 bacon slices, fried and crumbled | 1/4 cup parsley, chopped |
| 1 cup yellow onions, diced | 1 1/2 tsp granulated garlic |
| 2/3 cup flour | 1 1/2 tsp salt |
| 6 cups chicken stock (hot) | 1 1/2 tsp red pepper sauce |
| 4 cups potatoes, baked, diced and peeled | 1 1/2 tsp coarse black pepper |
| 2 cups heavy cream | 1 cup cheddar cheese, grated |
| | 1/4 cup green onions, diced |
| | 1 1/2 tsp basil |

Chop bacon; reserve. Cook onions in remaining drippings over medium high heat until transparent, about 3 minutes. Add flour, stirring to prevent lumps; cook for 3 to 5 minutes, until mixture just begins to turn golden. Add chicken stock gradually, whisking to prevent lumps until liquid thickens. Reduce heat to simmer and add potatoes, cream, chopped bacon, parsley, garlic, basil, salt, pepper sauce and black pepper. Simmer for 10 minutes; do not allow to boil. Add grated cheese and green onions; heat until cheese melts smoothly. Garnish each serving as desired with chopped bacon, grated cheese and chopped parsley. Makes 8 servings.

CHICKEN RICE SOUP *Rita Celestino*

- | | |
|---|---|
| 1 cup rooster brand sweet rice | 10 cups chicken soup stock |
| 1 piece ginger (palm size), peeled and cut into matchsticks | 1 cup partially cooked chicken, cubed or flaked |
| 1 medium onion, diced | Chopped green onion |
| 5 cloves garlic, minced | 1 tsp salt |
| 5 Tbsp vegetable oil | 1 tsp pepper or to taste |
| | Chicken bouillon |

In a large saucepan, sauté garlic in heated oil until golden brown. Add onion, ginger and chicken meat. Simmer on low heat for 3 minutes. Wash and drain rice. Add to pot with chicken stock and continue to cook on high heat, stirring occasionally, until rice is cooked. Add more broth if necessary and flavour with chicken bouillon. Add salt and pepper to taste. Garnish with more browned garlic and green onion if desired.

Note: Stir the bottom of pot to prevent burning.

When nothing is sure, everything is possible.

QUICK & EASY LEMON CHICKEN RICE SOUP

Patty Muir

**4 cups chicken stock
1/2 cup rice
2 eggs**

**1 Tbsp lemon juice
Salt and pepper, to taste**

Cook rice in stock until tender and add lemon juice. Beat eggs until frothy and add slowly to soup until creamy. Do not boil. Serve immediately.

CHICKEN LEMON RICE SOUP

Bev Vinish

**3 diced chicken breasts (raw or
cooked)
1 cup long grain rice
Chicken Oxo, to taste
1 cup celery, finely chopped
1 cup onion, finely chopped**

**4 eggs (at room temperature)
3/4 cup lemon juice (or to taste)
6 cups water
1 tsp minced garlic
Salt and pepper, to taste**

Add all ingredients, except eggs, to large pot and simmer for 45 minutes until meat is cooked and vegetables are softened. Beat eggs in a large bowl. This is the tricky part. To avoid curdling eggs, ladle a small amount of soup broth into eggs and mix with a whisk. Keep doing this until eggs are heated and bowl is 3/4 full. Add egg mixture to soup in pot, stirring until it comes to a boil to cook eggs. Then enjoy.

CHICKEN VEGETABLE SOUP

Vicky Wiley

**3 boneless, skinless chicken
breasts, chopped
1 cup onion, chopped
1 1/3 cups carrots, sliced thinly
1/2 cup celery, diced
1/2 cup turnip, diced
2 cups potato, diced**

**2 Tbsp chicken bouillon powder
1 tsp salt
1/4 tsp pepper
1/4 tsp ground thyme
4 cups water
Liquid gravy browner to color
(optional)**

Mix first 11 ingredients in 5 L slow cooker. Cover. Cook on low heat for 8 to 10 hours or 4 to 5 hours on high. Add gravy browner just before serving. Makes 8 cups. (Option: Replace potato with 1 cup pasta.)

Even a small star shines in the darkness.

HEARTY CHICKEN TORTILLA SOUP

Tracey Collins

- | | |
|---|--------------------------------------|
| 2 boneless, skinless chicken breasts, cut into chunks | 1/4 cup red or green pepper, chopped |
| 900 mL chicken broth | 1/2 cup salsa |
| 1 tsp cumin | 1 tsp cilantro |
| 1/3 cup uncooked regular rice | 2 Tbsp lime juice |
| 1 1/2 cups frozen corn | Crisp tortilla strips |
| | Monterey Jack cheese |

Cook chicken until browned. Add broth, cumin and rice. Heat to boil. Simmer 20 minutes. Stir in corn, pepper, salsa, cilantro and lime juice. Simmer 10 minutes. Add tortilla strips and cheese and serve.

HOT AND SOUR CHICKEN SOUP

Sue Twigg

- | | |
|---------------------------------|---|
| 900 mL chicken broth | 18 inches lemon grass, cut into 4 inch pieces |
| 400 mL unsweetened coconut milk | 1/2 cup cilantro, coarsely chopped |
| 3 cups fresh sliced mushrooms | 2 cups cooked rice |
| 2 Tbsp fish sauce | 1 cup red pepper, diced |
| 1 Tbsp hot chili garlic sauce | 3 chicken breasts |
| 2 limes, juiced | |

Pour broth and coconut milk into large saucepan and heat over medium heat. Add mushrooms, fish sauce, chili sauce, lime juice, red pepper and lemon grass. Cover and bring to a boil. Cut chicken into bite size pieces. Stir into soup when boiling. Reduce heat and simmer 6 to 8 minutes until chicken is cooked. Sprinkle with cilantro and add rice to bowl before serving.

BEEF BARLEY SOUP

Wanda Aamodt

- | | |
|-------------------------------|-----------------------------------|
| 3 cups water | 3 cups water |
| 3 beef bouillon cubes | 1/2 tsp parsley flakes |
| 28 oz can tomatoes, mashed | 1/2 tsp granulated sugar |
| 10 oz can tomato soup | 1/2 tsp salt |
| 1 cup shredded/diced carrots | 1/2 tsp pepper |
| 1 cup shredded/diced potatoes | 1/8 tsp thyme |
| 3/4 cup chopped onion | 3 cups roast beef, cooked/chopped |
| 1/2 cup chopped celery | |
| 1/4 cup pearl or pot barley | |

Heat water and bouillon. Add remaining ingredients except beef. Bring to boil. Cover and simmer 1 1/2 hours. Add beef. Simmer 1/2 hour.

WON TON SOUP

Rita Celestino

1 lb ground pork
Won ton wrappers
3 green onions, chopped
Dash sugar
Salt and pepper, to taste
1/2 tsp sesame oil
Chicken soup stock
Broccoli florets

Mushrooms, quartered
Bok choy (or suey choy),
shredded
1 Tbsp garlic, minced
Egg white, beaten
Green onion for garnish
Butter to seal won ton wrappers
(optional)

Mix ground pork, salt, pepper, green onions, garlic and sugar. Scoop 1/2 teaspoon of pork mixture into centre of won ton wrapper. Seal, using egg white or butter. Boil water and precook won tons; place in cold water. Set aside. Boil broth; add mushrooms, won tons then broccoli and bok choy last. Sprinkle with salt, pepper and chopped green onion before serving.

PIZZA TOPPING SOUP

Margaret Dunlop

1 tsp cooking oil
1 lb hot Italian sausage, casing
removed or loose sausage
2 (14 oz) cans diced Italian
tomatoes with juice
2 cups sliced white mushrooms
1 1/3 cups sliced red or green
pepper

10 oz can condensed beef broth
1 cup onion, chopped
7 1/2 oz can tomato sauce
1/2 tsp oregano
1/2 tsp basil
1/8 tsp cayenne pepper
Mozzarella cheese to top

May cook in slow cooker or Dutch oven. Heat cooking oil on medium. Add sausage; scramble fry for 8 to 10 minutes until no longer pink. Drain. Transfer to slow cooker or leave in Dutch oven. Add next 9 ingredients. Stir well. Cover. Cook in slow cooker on low for 8 to 9 hours or on high for 4 to 4 1/2 hours or simmer in Dutch oven. Sprinkle with cheese if desired. Makes about 2.3 L (9 1/3 cups). (Option: Use 2 cups homemade beef broth for canned.)

*You can't make someone else's choices.
You shouldn't let someone else make yours.*

"SINIGANG BEEF" (Sour Soup)

Rita Celestino

- | | |
|---|---|
| 1 kg beef, cubed (preferably braising ribs) | 10 pieces green beans, trimmed and chopped |
| 1 onion, diced | 3 green leafy vegetables (i.e. spinach or romaine), cut 2 inches wide |
| 2 tomatoes, diced | 10 cups water |
| 4 Tbsp oil | Salt, to taste |
| 1 pkg tamarind soup base (see pkg for instructions) | Optional: |
| 1 cup broccoli florets | 1 jalapeno pepper, minced |
| 1 Chinese eggplant, sliced 1 inch thick | 5 slices ginger |

Boil beef. Scoop out scum. Cover and let boil until beef is tender. Sauté onion and tomatoes in oil. Mash tomatoes and onion; add ginger if desired. Add beef and broth, tamarind soup base. Simmer. Add eggplant and beans until tender. Salt to taste. Add green leafy vegetable; turn off heat and cover. This is good with white rice. (Option: You can use pork ribs or chicken instead of beef.)

CABBAGE BORSCHT

Betty Peters

- | | |
|-----------------------------|--------------------------------|
| 2 lb beef with soup bone | Small bunch parsley |
| 3 qt cold water | Small bunch dill |
| 1 qt chopped cabbage | 1 bay leaf |
| 2 to 3 cups carrots, sliced | 19 oz can tomatoes |
| 1 medium onion, chopped | Salt, to taste |
| 6 peppercorns | Cream or sour cream (optional) |

Place beef with bone in 6 quart pot with the water. Boil for 1 hour, skimming off foam occasionally. Remove meat; chop and place back in pot and reserve for last 1/2 hour of cooking. Add chopped cabbage, carrots, onions and potatoes. Place spices in spice container and add to soup. Cook for 1 hour. Add tomatoes for last 20 minutes. May add cream or sour cream if so desired. (Option: Replace beef with 2 lengths of farmer sausage, chopped. Replace tomatoes with 2 tins tomato soup.)

*It takes as much courage to have tried and failed
as it does to have tried and succeeded.*

HEARTY HAMBURGER SOUP

Theresa Shirley

- | | |
|---------------------------------|-----------------------------------|
| 1 lb ground beef | 4 beef bouillon cubes |
| 4 cups water | 1 1/2 tsp salt |
| 1 can diced tomatoes, undrained | 1/4 tsp pepper |
| 3 medium carrots, sliced | 1/4 tsp dried oregano |
| 2 potatoes, peeled and cubed | 1 cup fresh or frozen green beans |
| 1 medium onion, chopped | |
| 1/2 cup chopped celery | |

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add next 10 ingredients and bring to a boil. Lower heat and simmer for 15 minutes or until carrots and potatoes are tender. Add beans and simmer for another 10 minutes or until beans are tender.

ARAN SCALLOP SOUP

Sheila Clancy

- | | |
|---|-----------------------|
| 1/2 cup diced potatoes | 6 large scallops |
| 1/4 cup butter | 4 tomatoes |
| 1/4 cup pork fat | Crushed soda crackers |
| Pinch pepper | 1/4 cup cream |
| Whole sprigs thyme | Sprinkle mace |
| Whole sprigs parsley | Pinch chopped parsley |
| 2 cups fish stock (preferably sole and trimmings of scallops) | |

Sauté potatoes in butter and pork fat. Tie together parsley and thyme stalks and add to potatoes. Add salt and fish stock with juices of scallops. Bring to a boil and then simmer gently for 20 minutes. Blanch and dice scallops, adding to soup; cook additional 15 minutes. Add tomatoes and simmer gently. Remove thyme and parsley stalks. Thicken as desired with addition of crushed crackers a little at a time. Pour into soup tureen. Add fresh cream. Sprinkle with ground mace and pinch of chopped parsley.

*The best and most beautiful things in the world
cannot be seen or touched, but are felt in the heart.*

CARROT SALAD

Dr. J.E. Kappel

8 medium carrots, grated
1/3 cup chopped parsley
7 green onions, minced
3 Tbsp vinaigrette
Vinaigrette:
1 to 2 tsp mild or whole grain
mustard

2 Tbsp wine or balsamic or cider
vinegar
Minced garlic, to taste
2 Tbsp fresh lemon juice
5 Tbsp extra virgin olive oil
Salt and freshly ground pepper

Mix together the carrots, parsley and green onions in a salad bowl. Dress with vinaigrette and mix thoroughly.

Vinaigrette: Mix the mustard with the lemon juice and vinegar; season with salt and pepper. Stir in the olive oil gradually so that the dressing thickens as you mix. It should become creamy in consistency. Stir in the garlic. Let stand for 30 minutes before using to allow the flavours to develop.

CELERY AND AVOCADO SALAD

Camila Navarro

1 head celery
2 medium soft avocados
1 lemon

1 tsp olive oil or to taste
Salt, to taste
Ice cold water

Cut off celery stalks; peel tough strings and then cut each stalk into 4 pieces. Slice ends of celery pieces so when placed into water they will flower. Cover in a large bowl with cold water for 45 minutes before ready to serve. Empty water. Carefully peel and seed avocado and chop into bite size pieces. Combine celery and avocado together. Cut and squeeze lemon over salad. Drizzle with olive oil and toss gently to mix so as not to damage flowered celery or mush avocado. Add salt to taste and enjoy.

FRUIT SALAD

Lynne Farrell

1 cup commercial sour cream
1 cup pineapple chunks
1 cup angel flake coconut

1 cup miniature marshmallows
1 can mandarin oranges, drained

Mix all ingredients. Let stand several hours or overnight in fridge. This salad is not sweet.

APPLE, GRAPE AND PECAN SALAD

Andrea Wiebe

Salad:

- 8 cups chopped red apple (unpeeled)
- 19 oz can pineapple tidbits, drained but reserve juice for dressing
- 2 cups seedless red or green grapes
- 1 1/2 cups toasted pecans
- 1 to 2 tsp poppy seed (optional)

Dressing:

- Reserved juice from pineapple
- 1/4 cup margarine
- 1/4 cup sugar
- 1 Tbsp lemon juice
- 1 1/2 Tbsp cornstarch
- 2 Tbsp cold water
- 1 cup mayonnaise
- 1/2 cup yogourt or sour cream

For dressing combine first 4 ingredients and heat on medium heat to boiling. Add cornstarch to cold water and then to remaining ingredients. Chill before pouring on salad. Toast pecans for 8 minutes in a 350° oven. Combine fruit ingredients and dressing and marinate in fridge overnight. Before serving stir in mayonnaise, yogourt or sour cream, poppy seed and pecans.

CURRY RICE SALAD

Juliette Tokar

- 4 cups cooked rice
- 2 cups frozen peas
- 1 cup chopped celery
- 1/2 cup chopped green onions
- 1/4 cup chopped parsley
- 2 cups frozen shrimp

Dressing:

- 1/4 cup canola oil
- 1/4 cup vinegar
- 1/4 cup soya sauce
- 2 Tbsp curry powder
- 1/2 tsp salt
- 2 Tbsp sugar
- Pepper, to taste

Add peas, rice, onions, celery and parsley. Mix and chill. Whisk dressing ingredients. In a large bowl mix shrimp to rice mixture and blend in dressing. Refrigerate 12 to 24 hours.

*One can never consent to creep
when one feels an impulse to soar.*

BEET AND ORANGE SALAD

Bev Foster

1 lb fresh beets, cooked and peeled
2 navel oranges
1 small red onion
4 cups mixed greens, including beet leaves

Orange Vinaigrette Dressing:
1/4 cup orange juice
1/4 cup white wine vinegar
1/2 cup oil
2 tsp grated orange rind
2 tsp Dijon mustard
1/2 tsp salt
Freshly ground pepper

Cut beets into thin slices. Peel oranges; cut into thin slices. Slice onion into thin rings. Arrange greens on salad platter and top with sliced beets, oranges and onions. Whisk together orange vinaigrette and drizzle enough over salad to moisten.

TERRY'S BEET SALAD

Darlene Cymbalisty

1 small pkg lemon Jello powder
1 1/2 cups boiling water
1 cup cooked beets, diced small

1 cup apple, diced small (skins on)
1/2 cup celery, chopped fine
Pinch salt

Dissolve jelly powder in boiling water. Stir to dissolve. Put into fridge to partially set. Dice vegetables and add to partially set Jello. Stir well to mix. Put back in fridge to fully set. Very pretty in a glass bowl.

SUMMER TIME SALAD

Camilla Navarro

1 head green lettuce
1 can green broad beans, drained

1 large sweet onion
1 large lemon
Salt, to taste

Wash and dry lettuce and place in a large glass salad dish. Add beans to lettuce. Cut onion into thin feather-like slices and add to salad. For dressing cut and squeeze lemon juice over salad. Sprinkle salt to taste. Combine and stir all ingredients together and enjoy.

*We can't always build the future for our youth,
but we can build our youth for the future.*

GREEN MANGO SALAD

Sue Twigg

2 Tbsp fresh lime juice
2 Tbsp fish sauce
1 tsp sugar
2 green mangoes, peeled and
pitted and cut into thin strips
or grated
3 scallions, sliced thinly

1/4 cup fresh cilantro, chopped
1/4 cup fresh mint, chopped
2 Tbsp peanuts, chopped
1/2 tsp red pepper flakes
1/2 pkg rice noodles, soaked
according to instructions

In a large bowl, whisk together lime juice, fish sauce and sugar until sugar dissolves. Add mangoes, scallions, cilantro, mint and noodles. Toss well. Taste and adjust seasoning with additional lime juice, fish sauce and sugar if desired. Top with peanuts and red pepper flakes and serve.

CHILI NOODLE SALAD

Rita Celestino

100 g (3 1/2 oz) rice vermicelli
2 carrots, cut into matchsticks
2 cucumbers, cut into
matchsticks
1 red pepper, cut into
matchsticks
3 spring onions, cut into thin
strips
125 g (4 oz) button mushrooms,
quartered

30 g (1 oz) bean sprouts
1 bunch fresh cilantro
1/4 cup brown sugar
1 clove garlic, crushed
2 fresh red chilies, finely
chopped
1/2 cup lime juice
1/4 cup fish sauce

To make dressing place sugar, garlic, chilies, lime juice and fish sauce in a bowl and whisk to combine. Place vermicelli in a bowl; pour over boiling water to cover and soak for 10 minutes. Drain well and place in serving bowl. Add carrots, cucumbers, red pepper, onions, mushrooms, bean sprouts and cilantro leaves. Pour over dressing and toss to combine. Cover and refrigerate for 2 hours before serving.

BLACK BEAN AND ROASTED CORN SALAD

Bev Foster

19 oz can black beans, drained
and rinsed
2 cups roasted corn (roughly 2
cobs or use frozen)
1/2 cup fresh cilantro, chopped

1/4 cup lime juice
2 medium tomatoes, chopped
1/2 cup onion, chopped
1 tsp ground cumin
1/2 tsp salt and pepper

Combine all ingredients in a large bowl.

GREEN CABBAGE SALAD WITH ROASTED PECANS AND FETA

Bev Foster

**1 cup pecan pieces
1/2 cup vegetable oil
1/2 tsp each salt and pepper
12 cups shredded cabbage
1 tsp parsley
2 large carrots, shredded
2 cloves garlic, minced**

**2 tsp sugar
1/2 tsp dry mustard
1 red onion, halved and thinly
sliced
1 cup diced feta cheese
1/4 cup white wine vinegar**

Toss together pecans with 2 teaspoons oil. Spread on cookie sheet and roast at 350°F for 5 minutes. Set aside. In a large bowl, toss together cabbage, carrot and parsley. In a small saucepan heat remaining oil, vinegar, garlic, sugar, mustard, salt and pepper over medium heat, stirring until sugar and mustard dissolve. Add onion and cook for 30 seconds. Pour over cabbage mixture and toss to coat. Sprinkle with pecans and cheese.

TABOULEH (An Arabic Traditional Dish)

Dr. Abubaker Hassan

**2 bunches fresh parsley (1 1/2
cups chopped with stems
discarded)
2 Tbsp fresh mint, chopped
1 medium onion, finely chopped
6 medium tomatoes, diced
1 Tbsp salt**

**1/2 tsp black pepper
1/2 cup bulgur (medium grade)
6 Tbsp lemon juice
6 Tbsp extra virgin olive oil
Romaine lettuce or grape leaves
to line serving bowl (optional)**

Soak bulgur in cold water until soft. Squeeze out excess water from bulgur using hands or paper towel. Combine all ingredients except salt, pepper, lemon juice and olive oil. Line bowl with lettuce and add salad. Sprinkle with olive oil, lemon juice, salt and pepper on top. Serve immediately or chill in refrigerator before serving. Tabouleh is a salad like no other. Made with fresh veggies, olive oil and spices, scooped into pita bread or eaten traditionally with a fork. In the middle east, fresh grape leaves are used as a scoop. Tabouleh can be made with a variety of veggies according to taste. You can also add romaine lettuce for a fuller salad.

SUMMER BASIL QUINOA SALAD

Ghenet Adhanom

Salad:

1 cup quinoa, rinsed
1/2 medium red onion, sliced
2 whole tomatoes, chopped
1 cucumber, peeled and
chopped
1/2 cup fresh basil, chopped

Garnish:

1/4 cup pine nuts, quickly
toasted in dry pan until
fragrant and set aside

Dressing:

4 garlic cloves, minced
1 1/2 tsp lemon juice
3 Tbsp balsamic vinegar
1/2 tsp crushed red pepper
1/2 tsp sea salt
1/2 tsp Dijon mustard
1/4 cup extra virgin olive oil

Bring 2 cups of water to a boil; add quinoa, cover and simmer over low heat for about 15 minutes or until water is fully absorbed. Set aside and let cool. Whisk together all dressing ingredients except olive oil. When combined, slowly whisk in olive oil, a little at a time, to allow oil and vinegar to mix. Toss all salad ingredients with dressing and garnish with pine nuts.

GLUTEN FREE QUINOA SALSA SALAD

D'Arcy Turner

Dressing:

3 Tbsp gluten free salsa
1 Tbsp extra virgin olive oil
2 tsp cider vinegar
2 tsp chili powder
Salt and freshly ground black
pepper

Salad:

1 cup cooked quinoa
1 cup cooked wild rice

1/2 cup rinsed, drained canned
black beans
1/2 cup rinsed, drained canned
red kidney beans
1/2 cup corn kernels
1/2 cup chopped celery
1/2 cup chopped red bell pepper
1/4 cup chopped red onion
2 Tbsp snipped fresh cilantro

Dressing: In a small bowl, whisk together salsa, oil, vinegar, chili powder and salt and pepper to taste. Set aside for at least 1 hour. Store in a covered jar in the refrigerator for up to 3 weeks.

Salad: In a large bowl, combine quinoa, wild rice, black beans, kidney beans, corn, celery, red pepper, red onion and cilantro.

Pour dressing over salad and toss well to coat. Cover and refrigerate for at least 4 hours or overnight to allow flavors to develop and blend.

Variation: Substitute long grain brown or white rice for the wild rice.

SPINACH SALAD

Joelle Percival

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|------------------------------------|------------------------------|
| 1 pkg spinach, cleaned and torn up | 1/4 cup green onion |
| 1/2 cup green pepper | 1 1/2 cups bean sprouts |
| 3 stalks chopped celery | 1/2 cup oil |
| 1 1/2 cups sliced mushrooms | 2 to 3 crushed garlic cloves |
| 1 cup cashew nuts | 2 Tbsp vinegar |
| 2 cups cooked rice | 1/2 cup soy sauce |
| 1/2 cup red pepper | 1 tsp sugar |

Combine first 9 ingredients into bowl. Combine last 5 ingredients for salad dressing. Mix well.

WARM SPINACH SALAD WITH APPLES AND BRIE

Linda Johns

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|----------------------------------|------------------------------|
| 4 large Granny Smith apples | Dressing: |
| 1/4 cup maple syrup | 1/4 cup apple cider or juice |
| 8 cups washed spinach | 3 Tbsp cider vinegar |
| 1/2 lb Brie, cut in small pieces | 1 tsp Dijon mustard |
| 1/2 cup toasted pecans | 1 garlic clove, minced |
| | 1/4 cup olive oil |
| | Salt and pepper, to taste |

Peel and core apples; cut into 1/2 inch slices. Arrange on baking sheet and brush with maple syrup. Broil till golden; turn, brush syrup on other side and broil. Place spinach in large bowl. Whisk dressing ingredients together in small saucepan and heat till simmering. Pour over spinach. Toss. Add cheese, apples and nuts.

STRAWBERRY SPINACH SALAD

Orla Braun

- | | |
|------------------------------|-----------------------------|
| 1/4 cup sugar | 1/2 pt strawberries, sliced |
| 1/4 cup vegetable oil | 1/2 small red onion |
| 2 Tbsp apple cider vinegar | 10 oz fresh spinach leaves |
| 1/8 tsp Worcestershire sauce | |

For dressing whisk all dressing ingredients in small bowl. For salad, combine all salad ingredients. Add dressing to salad and toss.

CALIFORNIA SALAD

Jeanette Ens

1 head romaine lettuce
16 oz tin ripe olives
3 oz cheese, shredded
1 pkg corn chips
2 tomatoes
2 green onions

Dressing:
1 avocado
1/2 cup mayonnaise
1 Tbsp lemon juice
1/4 cup oil
1 clove garlic
1/4 tsp Tabasco sauce
1/2 tsp salt

Mix salad ingredients. Blend dressing ingredients in blender until smooth. Toss salad in dressing.

WATERMELON SALAD

Linda Johns

4 cups seedless watermelon, cut into bite sized pieces
1 seedless cucumber, unpeeled and cut into chunks
3 green onions, sliced diagonally in 1 inch slices
1/4 cup feta cheese, crumbled

Dressing:
1/4 cup vinegar
1/2 cup sugar
1/2 cup olive oil
1 tsp salt
1/4 small red onion, chopped
1 tsp dry mustard
2 Tbsp water

Place watermelon, cucumber, onions and feta in a bowl. Combine vinegar, sugar, oil, salt, onion, mustard and water in blender and blend until well mixed. Refrigerate. Just before serving gently toss until everything is coated and evenly mixed.

PAPAYA AVOCADO SALAD

Bev Foster

1 head romaine lettuce
1 papaya, peeled and halved
1 large avocado, peeled and sliced
1 red onion, sliced

Dressing:
1/4 cup white wine vinegar
1/4 cup vegetable oil
2 Tbsp sugar
1 tsp salt
1/4 tsp dry mustard
1 green onion, finely chopped

Tear lettuce into salad bowl. Scoop out papaya seeds, reserving 2 tablespoons for dressing. Slice papaya; add to bowl along with avocado and onion. For the dressing, in a blender pulse together vinegar, oil, sugar, salt, mustard, onion and reserved seeds until combined and seeds are coarsely ground. Pour half of the dressing over salad and toss. Reserve the remaining dressing for another use.

BILL'S BEAN SALAD

D'Arcy Turner

- | | |
|---|-------------------------------|
| 14 oz can green beans, drained | 1 small green pepper, chopped |
| 14 oz can yellow beans, drained | 1/2 cup white sugar |
| 14 oz can lima beans, drained | 1/2 cup vinegar |
| 14 oz can kidney beans, drained
and rinsed | 1/2 cup salad oil |
| 2 medium onions, finely
chopped | 1/2 tsp pepper |
| | 1/2 tsp salt |

Mix liquids and pour over beans. Mix well and stir occasionally. Refrigerate.

TACO SALAD

Carol Gudmundson

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|---|--|
| 1 head lettuce | 3/4 cup grated cheddar cheese |
| 2 tomatoes | 1 can deep brown beans with
pork and molasses |
| 2 green onions | 1/2 cup Catalina dressing (add
more or less to taste) |
| 1/2 to 1 pkg broken cheese
flavored taco chips | |

Toss together; serve immediately. Kids love this.

FLUFFY LIME SALAD

Linda Dyck

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|----------------------------------|---|
| 1 large container cottage cheese | 1 large can crushed pineapple,
drained |
| 1 large pkg lime Jello | 1 large container Cool Whip |

Mix dry lime jelly powder and cottage cheese. Add pineapple and mix well. Fold in Cool Whip. Chill a few hours or overnight.

IDAHO SALAD

Jeanette Ens

- | | |
|-------------------------------------|-----------------------|
| 1 small pkg lemon Jello | 1/2 cup sugar |
| 2 cups boiling water | 1 cup pineapple juice |
| 1/2 pkg mini marshmallows | 1 tsp butter |
| 1 can crushed pineapple,
drained | 1/4 cup lemon juice |
| 2 beaten eggs | 1 cup whipping cream |
| 2 Tbsp flour | 3 bananas, crushed |

Dissolve Jello in a little less than 2 cups boiling water. Add marshmallows and pineapple. Let partially set in fridge. Combine eggs, flour, sugar and pineapple juice in double boiler and cook to thicken. Add butter and lemon juice. Cool. Whip cream and add to cooked mixture. Add Jello mixture and bananas and set in fridge.

PASTA SALAD

*Joslyn Fritz
Dietitian*

2 cups cooked and cooled
gemelli pasta
1/2 cup diced English cucumber
1/2 cup chopped tomatoes
(cherry tomatoes, cut in half
are nice)

Fresh basil
1/4 cup chopped red onion
1/2 cup crumbled feta cheese

Combine above ingredients and add Greek salad dressing (commercial) or make your own (I use a ratio of 1 part lemon juice to 1 part olive oil and add freeze-dried oregano.)

CREAMY COLESLAW

Dr. J.E. Kappel

1 small head green cabbage,
finely shredded
3/4 cup vegan mayonnaise
(Vegenaise brand the best)
1/4 cup soy milk
1 tsp sugar

1/4 tsp celery seeds
Freshly ground black pepper
1 large carrot, finely shredded
2 Tbsp cider vinegar
1/2 tsp dry mustard
1/2 tsp salt

In a large bowl, combine the cabbage and carrot. In a small bowl, combine the mayonnaise, soy milk, vinegar, sugar, mustard, celery seeds and salt and pepper to taste. Mix until smooth and well blended. Add the dressing to the slaw and mix well to combine. Taste, adjust the seasonings if necessary and serve. Serves 4.

LOW FAT CAESAR SALAD

Carol Gudmundson

4 Tbsp vinegar
2 Tbsp lemon juice
1 to 2 Tbsp olive oil
1 tsp salt
Pinch sugar
2 to 3 shakes pepper
Shake dry mustard
Shake Tabasco sauce

2 shakes Worcestershire sauce
1 tsp garlic, minced
1 egg white
Lettuce
Low fat Parmesan cheese
Bacon bits
Croutons

Whisk first 11 ingredients together. Just before serving, combine remaining ingredients in a large bowl and pour on prepared dressing.

ORIENTAL SALAD

Cathy Hinthner

1 head lettuce
3 green onions
3/4 cup dry roasted peanuts
1 pkg beef Ichiban noodles
2 tsp soya sauce

2 tsp sugar
1/2 cup oil
3 tsp vinegar
Seasoning from noodles

Toss first 4 ingredients together. Combine remaining ingredients and add to salad.

SESAME NOODLE SALAD

Dr. J.E. Kappel

Buckwheat noodles to serve 4
1/4 cup Braggs gluten free soy sauce
1/2 cup cucumber, seeded and finely sliced
6 large radishes, thinly sliced
1/2 tsp minced ginger

2 Tbsp sesame oil
1/4 cup rice vinegar
1 cup carrots, peeled and shredded
4 green onions, finely sliced
1/2 tsp minced garlic

In a medium pot, cook noodles until tender but still firm to bite, about 8 minutes. Drain and rinse noodles under cold water until cool. Transfer to a large bowl. In a small bowl, whisk together the sesame oil, Braggs and vinegar. Add the ginger and minced garlic. Toss with the noodles to coat. Add the cucumber, carrots and radishes and toss. Sprinkle with sesame seeds. Serves 4.

HOT GERMAN POTATO SALAD

Alisa Funk

9 potatoes, peeled
6 slices bacon
3/4 cup chopped onions
2 Tbsp flour
2 Tbsp white sugar

2 tsp salt
1/2 tsp celery seed
1/8 tsp ground black pepper
3/4 cup water
1/3 cup distilled white vinegar

Cook potatoes until tender but still firm (about 30 minutes). Drain, peel and slice thin. Place the bacon in a large skillet. Brown and drain. Sauté the onions in bacon drippings until golden brown. In small bowl, whisk together the flour, sugar, salt, celery seed and pepper. Add to the sautéed onions and cook and stir until bubbly, then remove from heat. Stir in water and vinegar, then return to the stove and bring to a boil, stirring constantly. Boil and stir for 1 minute. Carefully stir bacon and sliced potatoes into the vinegar/water mixture, stirring gently until potatoes are heated through.

BEEF ROLLS WITH SPRING SALAD

Sue Twigg

3/4 lb round steak, thinly sliced
(rouladen)

Coarse salt and ground pepper

2 oz pepper jack cheese, thinly
sliced

1 cup onion-pepper mixture (2
medium white onions, cut into
1/4 inch pieces lengthwise and
3 red or orange bell peppers,
sliced into 1/3 inch slices)

2 tsp extra virgin olive oil

7 oz spring lettuce mix

1 1/2 tsp sherry vinegar

Pat meat dry with paper towel and season with salt and pepper. Place cheese and onion-pepper mixture in centre of beef pieces. Beginning with narrow end of meat, roll the filling up tightly. Carefully flip meat seam side up and secure with a toothpick. In medium skillet over medium high heat, brush with 1 teaspoon oil. Place meat rolls seam side down and cook, turning occasionally, until beef browns and cheese melts, about 8 minutes. (Reduce heat if beef is browning too quickly.) Transfer beef rolls to a plate. Toss lettuce with vinegar and 1 teaspoon oil. Season salad with salt and pepper. Remove toothpicks from beef rolls and serve with salad.

TERIYAKI CHICKEN SALAD

Roxanne Kroeker

1 cup honey teriyaki marinade

1 lb boneless, skinless chicken
breast

6 cups torn romaine lettuce

3 medium kiwi, peeled and sliced

20 oz can pineapple tidbits,
drained

1 can mandarin oranges, drained

2 ribs celery

1 medium sweet red pepper,
chopped

1 medium green pepper,
chopped

1 cup fresh raspberries

1 cup sliced fresh strawberries

3 green onions

1/2 cup salted cashews

1/3 cup poppy seed salad
dressing

Place marinade in large resealable plastic bag; add chicken and seal bag. Turn to coat. Refrigerate 8 hours or overnight. Drain and discard marinade. Grill chicken, covered, over medium heat for 5 to 7 minutes on each side or until done. Slice chicken. Divide romaine, kiwi, pineapple, oranges, celery, peppers and berries among 6 plates. Sprinkle with onions and cashews. Drizzle with salad dressing. So pretty. Fancy enough for company.

WONDERFUL MACARONI SALAD

Linda Johns

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|--------------------------------------|------------------|
| 2 cups uncooked macaroni | Dressing: |
| 2 green onions, chopped | 2/3 cup sugar |
| 1/4 English cucumber, chopped | 1/3 cup ketchup |
| 2 ripe tomatoes, chopped | 1 tsp salt |
| 1/2 green and red pepper,
chopped | 1 tsp paprika |
| | 1/2 cup oil |
| | 1/4 cup vinegar |
| | 1/4 tsp pepper |

Cook macaroni and cool. Add chopped vegetables. Mix dressing and toss with macaroni mixture.

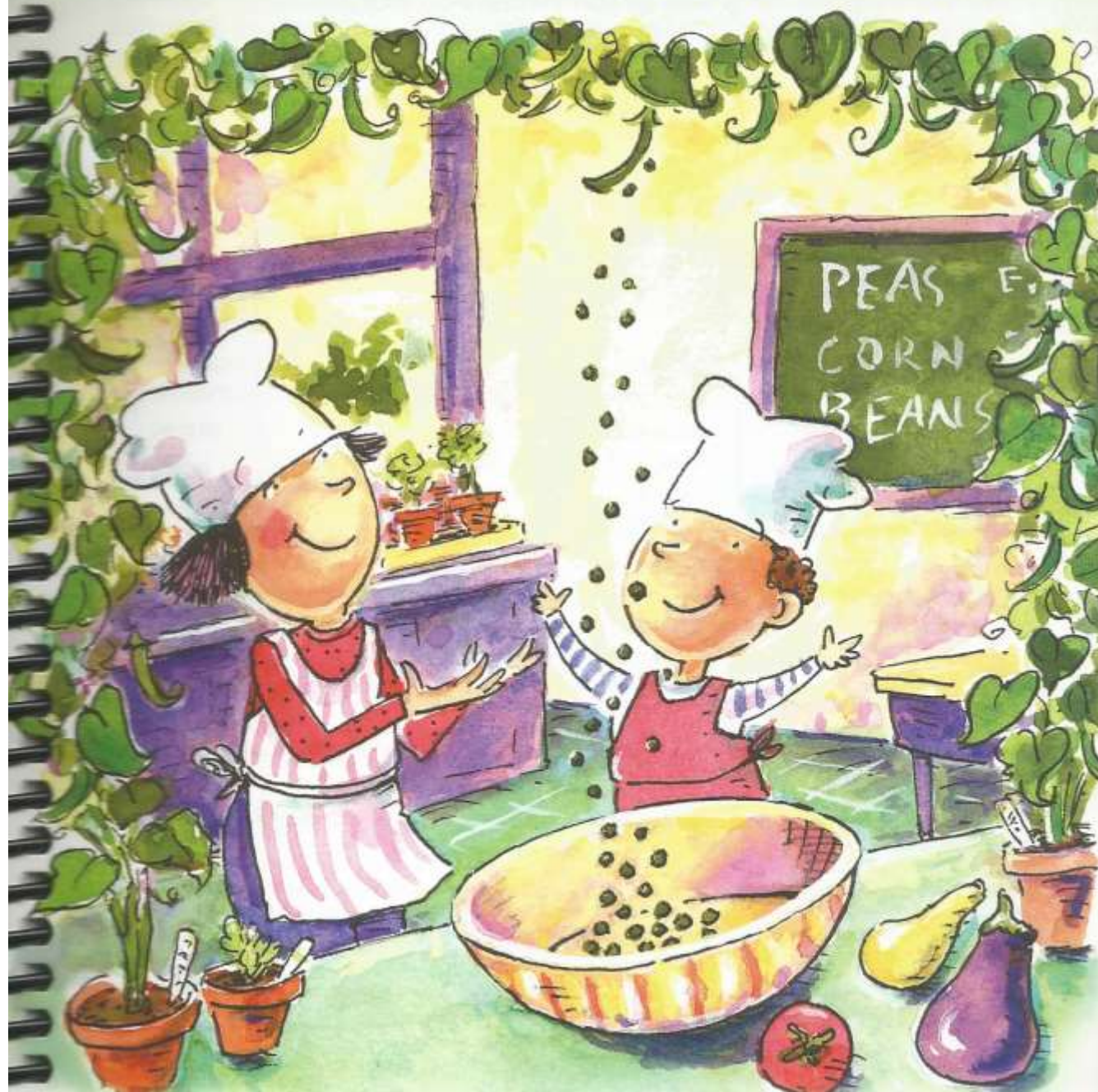
ONION RING SPECIAL

Darlene Cymbalisty

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|------------------------------------|--------------------|
| 1 large onion | 1 1/3 cups sugar |
| 1 red pepper, sliced into rings | 1 1/3 cups water |
| 1 green pepper, sliced into rings | 1 1/3 cups vinegar |
| 1 yellow pepper, sliced into rings | 2 Tbsp cooking oil |

Use a food slicer to slice onion very thin. Separate into rings. Soak in cold water, enough to cover all onion, for 1 hour. Drain. Add pepper rings to onion rings in a large container. Mix sugar, water, vinegar and oil in saucepan over medium heat. Bring to a boil. Stir until sugar dissolves. Remove from heat. Pour over onion-pepper mixture. Cover. Chill 24 hours before serving. This can be made a few days ahead. Use as a salad or to add to a sandwich or to serve as a condiment with meat or on a hamburger. This keeps and keeps....if it lasts!

Vegetables & Side Dishes



VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 lb pressure)	Bake (350°F)
Asparagus, tied in bundles	15 to 20	30 to 40	9	
Beans, wax or green	15 to 25	30 to 35	2 to 2 ½	
Beets, whole	25 to 45		15 to 18	90
Beet greens (tops)	5 to 15			
Broccoli, stalks	10 to 15	15 to 20	1 ½ to 3	
Brussels sprouts	10 to 20	15 to 20	1 to 2	
Cabbage, green				
<i>wedges</i>	8 to 15	10 to 15	2 to 3	
<i>shredded</i>	4 to 8	8 to 12	½ to 1 ½	
Cabbage, red				
<i>shredded</i>	20 to 25	25 to 30	3 to 4	
Carrots, sliced	15 to 20	20 to 30	2 to 3	35 to 45
Cauliflower,				
<i>whole</i>	15 to 25	25 to 30	3 to 4	
<i>flowerettes</i>	10 to 15	10 to 20	1 ½ to 3	
Celery, diced	15 to 20	25 to 30	2 to 3	
Corn on the cob	8 to 10	10 to 15	½ to 1 ½	
Eggplant, sliced	10 to 20	15 to 20		30
Onions, small, whole	15 to 30	25 to 30	3 to 4	
Parsnips, quartered	20 to 30	30 to 45	10	
Peas	15 to 20	15 to 25	1	
Potatoes,				
<i>whole</i>	30 to 35	30 to 45	15	40 to 60
<i>quartered</i>	20 to 30	30 to 35	8	
Squash, Hubbard, sliced	35 to 45	45 to 50	12 to 15	60 to 90
Squash, Summer, sliced	8 to 15	15 to 20	1 ½ to 3	30
Spinach	4 to 8	5 to 12		
Turnips, sliced	15 to 20	20 to 25	1 ½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling water using as little water as possible. Cover saucepan. Bring water to boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Cover and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Notes: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

VEGETABLES & SIDE DISHES

BRUSSELS SPROUTS WITH BACON & PARMESAN

Norma Nordquist

1 lb Brussels sprouts, trimmed
4 slices bacon, chopped
Zest of 1/2 orange
Juice of whole orange

Salt and pepper, to taste
Freshly grated Parmesan cheese
1 Tbsp butter

Steam Brussels sprouts until tender. Cook bacon in a large skillet until crisp, then remove from skillet and place on a plate lined with paper towel. Drain excess grease from skillet. Add Brussels sprouts to skillet and saute until lightly browned. Stir in 1 tablespoon butter to glaze Brussels sprouts. Stir in orange zest and juice. Taste and season with salt and pepper. Add bacon back to skillet, tossing to coat. Serve sprinkled with Parmesan cheese.

PEAS AMANDINE

Darlene Cymbalisty

4 Tbsp butter
2 Tbsp almonds, chopped
1 cup mushrooms, sliced (fresh
or canned)
4 Tbsp onion, chopped

1/4 tsp salt
1/2 chicken cube, dissolved or
1/4 tsp chicken base powder
1 1/2 cups frozen peas

In a frying pan over moderate heat, melt butter and add rest of the ingredients. Cook until peas are tender.

CORN CASSEROLE

Judy Walker

1 can cream corn
1/2 tsp salt
2 eggs, well beaten
2 Tbsp melted butter

2 Tbsp flour (or tapioca if flour
sensitive)
1/4 lb cheddar cheese, shredded
2 Tbsp sugar (I don't add it)

Mix all ingredients together until well blended. Pour into a greased casserole. Bake 45 minutes at 350°. If recipe is doubled bake a bit longer.

BAKED CORN

Darlene Cymbalisty

1 small green pepper, chopped
1 small onion, chopped
3 Tbsp margarine
2 Tbsp flour
1 tsp salt
1/4 tsp paprika

1/4 tsp dry mustard
1 cup milk
1/2 cup dry bread crumbs
1 egg, beaten
2 cups canned or frozen kernel corn

Sauté pepper and onion in 2 tablespoons margarine for 5 minutes. Add flour, salt, paprika and mustard. Stir until blended. Add milk and stir until thickened. Brown bread crumbs in remaining margarine and add to onion mixture with egg and corn. Spoon into a greased baking dish. Bake at 400°F for 30 minutes. Yields 6 servings.

SWEET AND SOUR GREEN BEANS

Helena Harder

1 lb green beans, trimmed and cut into 2 inch lengths
2 Tbsp soy sauce
2 Tbsp ketchup
1 tsp red wine vinegar
1 tsp cornstarch

3 Tbsp water
1/2 tsp hot pepper sauce
1 garlic clove, minced
8 oz can bamboo shoots or water chestnuts, drained
1 tsp dark sesame oil

Steam green beans until tender crisp. Combine cornstarch with water, soy sauce, ketchup, vinegar and hot pepper sauce in a small bowl. Spray nonstick wok or a skillet and set over high heat. Add green beans and garlic. Stir fry beans 2 minutes. Add soy sauce mixture and cook, stirring until thickened, approximately 2 minutes. Stir in bamboo shoots and drizzle with sesame oil. Serve at once.

BROCCOLI WITH ORANGE SESAME SAUCE

Helena Harder

2 1/2 cups broccoli florets
3/4 cup orange juice
1 Tbsp honey
1 1/2 tsp fresh ginger, peeled and minced

2 tsp cornstarch
4 Tbsp water
2 tsp fresh lemon juice
1 tsp dark sesame oil
2 tsp toasted sesame seeds

Steam broccoli until just tender. In saucepan, combine orange juice, honey and ginger and bring to a boil. Dissolve cornstarch into water and add to saucepan. Return to boil, stirring constantly, until thickened. Remove pan from heat and stir in lemon juice and sesame oil. Place broccoli in serving bowl and top with sauce. Sprinkle sesame seeds over top.

HARICOTS VERTS WITH WALNUTS

Helena Harder

1 lb haricot verts, trimmed

1 tsp olive oil

1 small shallot, minced

1 garlic clove, minced

1 Tbsp toasted walnuts, chopped

1/8 tsp salt

Pinch crushed black

peppercorns

Haricots verts is French for extra thin delicate green beans.

Cook haricots in a large saucepan of boiling hot water until tender, approximately 5 to 6 minutes. Transfer to serving bowl, reserving 3 tablespoons of cooking liquid. Heat a nonstick skillet and add oil. Sauté shallot and garlic until shallot is clear. Add to haricot verts with reserved cooking liquid, walnuts, salt and pepper. Toss and serve at once.

ROASTED PEPPERS

Sandy Knezacek

Just cut up 2 or 3 peppers of any color, drizzle olive oil over, season with salt and pepper and bake in pan lined with parchment at 400°F for 1/2 hour.

ROASTED ASPARAGUS

Sandy Knezacek

Hold piece of asparagus and bend until it breaks. Discard tough part. Repeat with each piece. Lay out asparagus on parchment lined pan, drizzle with olive oil, salt and pepper and bake at 400°F for about 1/2 hour.

PARMESAN ROASTED ASPARAGUS

Helena Harder

2 bunches asparagus, trimmed

1 Tbsp olive oil

1 Tbsp Parmesan cheese, grated

1/2 tsp fresh thyme, chopped

1/4 tsp salt

Fresh ground pepper

Fresh lemon juice

Preheat oven to 425°F. Combine all ingredients, except lemon juice, on a baking sheet. Spread into a single layer. Roast, tossing once, until tender, approximately 10 to 15 minutes. Sprinkle with lemon juice just before serving.

You never miss the water till the well runs dry.

MIXED VEGETABLES

Helena Harder

1 carrot, sliced
1/4 cauliflower head, cut into
florets
1 cup zucchini, chopped
1 garlic clove, minced or
crushed
1/2 tsp turmeric powder
1/2 tsp coriander powder
2 Tbsp vegetable oil or clarified
butter (ghee)
1 tsp lime juice

1 tsp salt or more as needed
1 tomato, sliced
1 cup eggplant (optional)
1 cup peas
1 medium onion, sliced
1 tsp grated ginger or 1/2 tsp
ginger powder
1/2 tsp cumin seed powder
1/8 tsp red chili powder
2 medium potatoes

Pour oil in a large cooking pot. Heat the oil at medium high. Put onions, ginger and garlic and saute for 5 to 7 minutes. Stir in salt, turmeric, coriander, cumin and chili powder for 2 to 3 minutes. Now add 1 cup of water; stir and bring to a boil until it gives a sauce-like appearance. Add 1 cup of water, potato and carrot and stir. Cover and cook for 10 minutes. Stir couple of times while it is cooking. Add cauliflower, eggplant, peas and zucchini; mix and again cover and cook for about 10 more minutes. However, if you see curry is getting too thick then pour some more water. Lastly add tomatoes and cook for 10 more minutes. Serve hot over rice, eat with pita bread, chapatti, tortillas, any other kind of bread of your liking.

Variations and Suggestions:

Instead of variety of spices one can use 2 teaspoons of garam masala or curry powder or curry paste (mild, hot or extra hot). Curry paste may contain citric acid and/or vinegar, therefore watch for allergies and candida.

If you do not have any spices or curry powder then just use black pepper or any western spice combination. A spicy flavour will also be given by onions, ginger and garlic. However, only 1/2 teaspoon cumin seeds can be fried with onions, ginger and garlic above, in addition to other ingredients.

Use broccoli instead of cauliflower.

Tomatoes can also be avoided. However, you may use dried tomatoes or tomato paste or sauce instead of fresh tomatoes. One will have to soak the dried tomatoes in warm water for at least 15 minutes before adding at the end.

ROASTED VEGGIES

Angie Delle Curti

- | | |
|-----------------------------------|---------------------------|
| 1 eggplant, thinly sliced | 2 Tbsp garlic powder |
| 1 red/green pepper, thinly sliced | Salt and pepper, to taste |
| 1 cup mushrooms, quartered | Greek seasoning, to taste |
| 1/4 cup olive oil | |

Toss veggies in seasoning and olive oil and place in a shallow pan. Broil on high for 5 to 10 minutes.

MEDITERRANEAN ROASTED VEGETABLES

Judy Walker

- | | |
|---|---------------------------------------|
| 1 1/2 lb red potatoes | 2 cloves garlic, minced |
| 1 Tbsp plus 1 1/2 tsp olive oil,
divided | 1/2 tsp salt |
| 1 red bell pepper | 1/4 tsp black pepper |
| 1 yellow or orange bell pepper | 1 Tbsp balsamic vinegar |
| 1 small red onion | 1/4 cup chopped fresh basil
leaves |

Preheat oven to 425°. Spray large shallow roasting pan with nonstick cooking spray. Cut potatoes into 1 1/2 inch chunks; place in pan. Drizzle 1 tablespoon oil over potatoes; toss to coat. Bake 10 minutes. Cut peppers into 1 1/2 inch chunks. Cut onions into 1/2 inch wedges. Add to pan and drizzle 1 1/2 teaspoons oil over vegetables. Sprinkle with garlic, salt and pepper. Toss well to coat. Return to oven for 18 to 20 minutes; stir once. Transfer to large serving bowl. Drizzle vinegar over vegetables; toss to coat. Add basil, toss again and serve.

SPECIAL OCCASION CARROTS

Judy Walker

- | | |
|--|---------------------------------------|
| 2 lb carrots, peeled and sliced | 1/4 tsp salt |
| 3 Tbsp butter | 1/2 tsp freshly grated orange
peel |
| 1/3 cup apricot-pineapple
preserves | 2 tsp fresh lemon juice |
| 1/4 tsp ground nutmeg | Parsley |

Peel carrots and slice. Cook in salted water until tender but not mushy. Drain. Dot with butter and let it melt. Stir in preserves until blended. Add spices, peel and lemon juice. Toss well until coated. Garnish with parsley and serve immediately.

RED CABBAGE CASSEROLE

Mike Flynn

**2 to 3 lb red cabbage, shredded
and cored**

1/2 cup water

3 Tbsp butter

1/2 cup cider vinegar

1/4 cup brown sugar, packed

Salt and pepper, to taste

2 apples, chopped

Toss the shredded cabbage into a stock pot (with a lid) with butter, apples, water, cider vinegar and brown sugar; cover. Cook down on medium heat until cabbage is tender, approximately 1 1/2 to 2 hours, stirring occasionally. Cabbage should have a little juice in it, but if it's swimming in juice add a bit of flour to thicken it. Season with salt and pepper.

CABBAGE WITH LEMON SAUCE

Glenda Day

1 small head cabbage

2 Tbsp butter

4 tsp flour

3/4 to 1 cup chicken broth

5 tsp lemon juice

Salt and pepper

Parmesan cheese

Cut cabbage into thick slices. Cover and cook for 5 minutes. Drain and return to pot. Melt butter in another pot. Mix in flour and cook, stirring, for 2 minutes. Gradually add chicken broth until mixture becomes thickened. Stir in lemon juice. Pour sauce over cabbage. Add salt and pepper. Serve with Parmesan cheese sprinkled on top.

CABBAGE BRAISED WITH CARROTS AND ONIONS

Helena Harder

1/2 cabbage

3 carrots

2 onions

1/4 cup butter

1/2 cup parsley, chopped

1 tsp salt

1/4 tsp freshly ground pepper

1 cup water

Chop or shred cabbage coarsely. Shred carrots coarsely and chop onions. In large skillet, melt butter. Add onions and cook over medium high heat until soft. Add cabbage, carrots and parsley and mix until well coated with butter. Stir in salt, pepper and water. Cover and bring to a boil. Reduce heat and simmer for 10 to 15 minutes or until vegetables are tender crisp and still are bright in color. If lots of liquid remains, cook uncovered, for last few minutes. Stir often. (Option: To microwave put butter in microwavable dish and melt on high for 1 minute. Add onions and cook 1 to 2 minutes on high. Add remaining ingredients, pour water over and mix well. Cover dish and cook on high for 5 to 6 minutes.)

"KEEP THE DOCTOR AWAY" CASSEROLE *Judy Walker*

- | | |
|---|--|
| 1 jumbo onion, cut into 1/4 inch slices | 3 Tbsp flour |
| 2 or more garlic cloves, crushed | 1 1/2 tsp salt |
| 1 small yellow turnip (rutabaga), peeled, quartered and thinly sliced | 1/4 tsp black pepper |
| 6 medium carrots, thinly sliced | 1/4 tsp ground nutmeg |
| 6 medium parsnips, thinly sliced | 2 1/2 cups milk |
| | 1/4 cup freshly grated Parmesan cheese |
| | 5 Tbsp butter, divided |

Preheat oven to 375°. In a nonstick, 10 inch skillet melt 3 tablespoons butter over medium heat. Add onion and garlic, stirring occasionally. Cook until onion is golden brown and tender, 15 to 20 minutes. In shallow 2 1/2 quart casserole, toss turnip, carrots, parsnips and onion mixture. Cover and bake until veggies are fork tender, about 45 minutes. After veggies have baked 30 minutes prepare sauce. In a 2 quart saucepan, melt 2 tablespoons butter over medium heat. Stir in flour, salt, pepper and nutmeg until blended. Add milk and cook 1 minute until thickened. Remove cover from baking dish. Stir sauce into veggies. Sprinkle with Parmesan. Bake, uncovered, 15 minutes.

TURNIP PUFF *Judy Timmerman*

- | | |
|------------------------|---------------------|
| 3 cups mashed turnips | 1 tsp baking powder |
| 3 Tbsp softened butter | 1/2 tsp salt |
| 2 eggs | 1/8 tsp pepper |
| 3 Tbsp flour | 1/2 cup crackers |
| 1 Tbsp brown sugar | 2 Tbsp butter |

Mash turnips. Beat eggs with 3 tablespoons butter. Add to mashed turnips. In a small bowl mix flour, brown sugar, baking powder, salt and pepper. Add to mashed turnips. Melt 2 tablespoons butter with crackers. Sprinkle on top and bake for 35 to 40 minutes at 350°F. Enjoy.

COOKED BEETS *D'Arcy Turner*

- | | |
|------------------------------------|--------------------------|
| 7 to 9 beets, peeled and quartered | 3/4 cup brown sugar |
| 1 1/2 cups water | 1/3 cup balsamic vinegar |
| | 2 Tbsp butter |

Bring to boil, then simmer for 1 hour, reducing liquid (uncovered).

SPICY BAKED BEETS

Helena Harder

5 medium beets
1 small onion
1 small potato
2 Tbsp oil
2 Tbsp vinegar
2 Tbsp brown sugar

1 Tbsp water
1/2 tsp salt
1/4 tsp pepper
1/4 tsp celery seed
1/4 tsp ground cloves

Peel beets and shred coarsely. You should end up with about 3 cups. Place in a greased 1 L (1 quart) casserole dish. Peel and grate onion and potato and stir into beets. In a cup or small bowl, stir together oil, vinegar, water, sugar, salt, pepper, celery seed and cloves. Stir into vegetables, cover tightly and bake at 350°F for 30 minutes. Stir once or twice. To microwave, place vegetables in an ungreased casserole dish. Mix oil, vinegar, sugar, water and seasonings as directed and stir into mixture. Cover dish and cook on high power for 8 minutes or until tender.

ROASTED POTATOES

Sandy Knezacek

Cut up small mini potatoes (as many as you need) in marble size pieces, (about 4 to 6 pieces per potato). Leave skin on. You can use bigger potatoes, but you need to cut them very small. The smaller potatoes seem to taste better than when you use the bigger potatoes. Wash and dry in colander (they need to be dry or else they won't roast well). Drizzle with olive oil (make sure you use enough to coat them). Season with salt, pepper and oregano or Italian seasoning. Use quite a bit of seasoning. Lay out on parchment lined baking sheet (should be shallow, almost single layer). Bake at 400°F or 425°F for at least 1 hour. This may take up to 90 minutes, depending on your oven and how small the pieces are. They will crisp up if you bake them long enough. Don't bake higher than 425°F or the parchment will burn. Serve as is or you can add some shredded/grated Parmesan cheese and finely chopped fresh parsley when you remove from the oven. I recently made these potatoes using Greek seasoning (from Costco) with some added extra oregano and they were even better.

*We all live under the same sky,
but we don't see the same horizon.*

SICILIAN POTATO BAKE

Stacey Hammond

1 pkg frozen hash browns with
butter sauce
2 sliced tomatoes
1 large onion, sliced
1 pkg sliced mozzarella cheese
1 1/2 tsp salt

1 tsp dried oregano
1/4 tsp pepper
1/2 cup milk or cream
Your favourite type of cheese
(optional)

Combine hash browns with oregano, salt and pepper. Layer in a 6 cup casserole dish hash brown mixture, then onion, then tomatoes, then cheese into as many layers as desired, ending with tomatoes and then cheese. Pour milk or cream over top. Cover loosely with foil. Bake at 425°F for 25 minutes then remove the foil and bake for another 5 minutes or until vegetables are tender or the top is golden brown. Cooking time will need to be adjusted if hash browns are thawed.

ZUCCHINI WITH MOZZARELLA CHEESE *Joelle Percival*

2 Tbsp oil
1 onion, chopped
1 green pepper, chopped
1 clove garlic, minced
1/2 tsp oregano
Grated mozzarella cheese

16 oz can tomatoes
3 cups (approx) zucchini, sliced
1/4 tsp salt
1/2 tsp sugar
1/4 tsp basil

Cook onion, green pepper, garlic and zucchini in oil until tender. Add tomatoes and spices. Sprinkle with mozzarella cheese. Let cheese melt. Serve.

ZUCCHINI-CHEESE CASSEROLE

Judy Walker

1/2 cup uncooked long grain
white rice
1/2 cup chopped onion
3/4 tsp salt
1 cup boiling water
1/2 cup water

1 lb (2 to 3 medium) sliced
zucchini
8 oz can tomato sauce
1/2 cup diced green pepper
1 cup shredded sharp cheddar
cheese

Add rice, onion and 1/2 teaspoon salt to rapidly boiling water. Cover tightly; boil gently 20 minutes. Bring 1/2 cup water to boiling. Add 1/4 teaspoon salt and zucchini. Cook until tender, about 8 minutes; drain. Preheat oven to 350°F. Gently mix rice, squash, tomato sauce and pepper. Pour mixture into 1 1/2 quart casserole. Sprinkle with cheese. Bake uncovered, about 20 minutes. Yield: 6 servings.

SPAGHETTI SQUASH WITH GARLIC

Mike Flynn

2 1/2 to 3 lb spaghetti squash, halved and seeded	1/4 tsp red pepper flakes
1/2 cup water	1/3 cup white wine
1/2 cup olive oil	3/4 tsp salt
6 cloves garlic, chopped	1/4 tsp black pepper
	1/3 cup Parmesan cheese, grated

Heat oven to 350°F. Place squash halves, cut side down, in small roasting pan. Add water. Cover pan with foil. Bake in 350°F oven for 50 to 60 minutes or until squash is fork tender. In small saucepan, heat oil over medium heat. Add garlic and pepper flakes; cook 1 minute or until garlic just starts to color; do not let garlic burn. Add wine (or water), salt and pepper. Bring to a boil for about 2 minutes. Using fork, shred squash into strands. Place strands in large bowl. Add garlic mixture; toss. Sprinkle with Parmesan cheese.

BAKED CANDIED SQUASH

Helena Harder

2 small sweet potato squash	1/2 cup whipping cream
1/3 cup firmly packed brown sugar	1/2 tsp freshly grated nutmeg
1 tsp salt	1/2 tsp cinnamon

Cut off stem and bottom end of squash. Cut remainder into 1/2 inch slices. Peel slices and run a sharp knife around the inside to remove seed and membrane. Arrange prepared slices in a buttered baking dish that is just big enough to hold slices so that they overlap. Sprinkle with sugar and salt. Drizzle cream over top and sprinkle nutmeg and cinnamon. The dish can be covered and refrigerated at this point if you want to prepare ahead a few hours. Bake, covered, in a 325°F oven for 30 minutes. Uncover and bake another 30 minutes, basting occasionally with syrup in pan. (Option: To microwave, prepare as directed but omit salt. Arrange in unbuttered casserole dish. Cover dish and cook on high power 8 to 10 minutes. Set under broiler to brown and glaze surface.)

*Instruction may end in the classroom
but education ends only with life.*

BOURBON SWEET POTATOES

Sheila Clancy

4 lb sweet potatoes or yams
1/2 cup butter, softened
1/2 cup bourbon
1/3 cup concentrated orange
juice

1/4 cup firmly packed brown
sugar
1/2 tsp salt
1/2 tsp pumpkin pie spice
1/3 cup chopped pecans

Scrub sweet potatoes. Cook, covered, in boiling water about 35 minutes or just until tender (may microwave). Drain, cool slightly and peel. Place potatoes in large bowl and mash. Add butter, bourbon, orange juice, brown sugar, salt and spice. Beat until smooth and fluffy. Spoon into a 6 cup baking dish. Sprinkle pecans around edge. Bake, uncovered, at 350°F for 45 minutes or until lightly browned.

BUTTERNUT SQUASH GRATIN

Bev Foster

1/2 cup coarse dry bread crumbs
1 cup sharp cheddar cheese,
shredded
1 Tbsp butter, melted
1 Tbsp olive oil
1 small onion, sliced
Coarse salt and ground black
pepper, to taste
2 tsp dried thyme, divided

1 clove garlic, minced
3 cups butternut squash, peeled,
seeded and cut into 1/4 inch
cubes
2 Tbsp flour
1/4 cup Parmesan cheese, grated
1/4 cup chicken broth or white
wine

Preheat oven to 350°F. Lightly butter a 1 quart baking dish. In a small bowl combine bread crumbs, cheddar cheese and melted butter and set aside. In a medium fry pan over medium low heat add olive oil and sauté sliced onions, salt, pepper and 1 teaspoon thyme until onions are lightly browned, approximately 15 minutes. Stir in garlic and cook another minute or so. Remove from heat. Spread onion mixture evenly over bottom of baking dish. Set aside. In a large bowl, toss butternut squash with flour, Parmesan cheese and remaining thyme until squash cubes are evenly coated. Spread squash over onion mixture in baking dish. Reheat frying pan over low heat. Add chicken broth or wine to deglaze, scraping brown bits from the bottom. Let simmer 2 to 3 minutes. Remove from heat and pour over the top of the squash. Spread prepared cheese topping over the gratin. Bake for 50 to 60 minutes until the squash is soft and topping is lightly browned. If topping is browning too quickly, cover with aluminum foil. Remove from oven and let rest for 10 minutes before serving.

SQUASH CASSEROLE

Sheila Clancy

2 lb squash
4 Tbsp butter
2 medium onions, chopped
1 clove garlic, minced
1 Tbsp salt
1 cup milk

1 cup bread crumbs
4 eggs, lightly beaten
1 1/2 cups grated sharp cheese
Topping:
4 Tbsp melted butter
1/2 cup bread crumbs

Preheat oven at 350°. Grease 2 quart casserole dish. Peel and slice squash into 1/2 inch thick pieces. Put into heavy pan. Add enough water to cover. Bring to boil uncovered. Heat. Cook until soft enough to mash and mash. Melt butter in separate pan. Sauté onion and garlic until soft. Add squash. Heat milk. Stir in bread crumbs. Add to squash mixture. Stir in eggs, cheese and salt to squash mixture. Pour into casserole dish. Combine toppings and sprinkle over casserole. Bake for 30 minutes.

SWEET POTATO CAKES

Helena Harder

1 medium russet potato, peeled
and quartered
1 medium sweet potato, peeled
and quartered
2/3 cup fresh bread crumbs
1/4 cup milk

1 1/2 Tbsp mayonnaise
1 Tbsp fresh chives, chopped
1 Tbsp fresh dill, chopped
1/2 tsp crushed black
peppercorns

Preheat oven to 250°F. Combine potatoes and enough water to cover in a saucepan. Bring to a boil and then reduce heat and simmer, covered, until sweet potato is tender, about 15 minutes. Transfer sweet potato to baking sheet and continue to simmer russet potato until tender, 5 to 10 minutes. Drain potatoes and place on baking sheet. Place potatoes in oven to steam dry for about 5 minutes. Remove from oven and increase oven temperature to 475°F. Rice or mash potatoes. Allow to cool slightly. Stir in bread crumbs, milk, mayonnaise, chives, dill and pepper. Form into 8 small 1/2 inch thick cakes. Place cakes onto greased baking sheet and bake for 8 minutes, turn and bake 4 minutes more.

*Life is like an onion: you peel off one
layer at a time, and sometimes you weep.*

SWEET POTATO CASSEROLE

Judy Walker

5 large sweet potatoes, peeled
and cut into 3/4 inch thick
slices
1/3 cup packed dark brown
sugar
1/2 tsp salt

1/4 tsp coarsely ground black
pepper
4 Tbsp butter
1/2 cup coarsely chopped
walnuts

Preheat oven to 400°F. Arrange half the potato slices in a 13x9 inch ceramic or glass baking dish. Sprinkle with half the sugar, salt and pepper. Dot with half the butter. Arrange remaining potatoes in baking dish. Sprinkle with remaining sugar and salt and dot with remaining butter. Cover with foil and bake 30 minutes. Remove foil, sprinkle with walnuts and bake, uncovered, 30 to 40 minutes longer or until potatoes are tender, basting with syrup in baking dish about 3 times during baking. Makes 8 servings.

SWEET POTATO CURRY WITH SPINACH AND CHICKPEAS

Judy Timmerman

1/2 large sweet onion, chopped
1 to 2 tsp canola oil
2 Tbsp curry powder
1 Tbsp cumin
1 tsp cinnamon
10 oz fresh spinach, washed,
stemmed and coarsely
chopped

2 large sweet potatoes, peeled
and diced
14 1/2 oz can chickpeas, rinsed
and drained
14 1/2 oz can diced tomatoes
1/4 cup fresh cilantro, chopped
for garnish
Basmati or brown rice for
serving

Cook sweet potatoes until soft (baked, boiled or steamed). Heat 1 to 2 teaspoons oil over medium heat. Add onion and sauté for 2 to 3 minutes or until they soften. Next add spices, stirring to coat the onions. Add tomatoes with the juices and stir in chickpeas. Add water and simmer for 1 to 2 minutes. Add fresh spinach, a couple of handfuls at a time, stirring to coat with cooking liquid. When all the spinach is added to the pan, cover and simmer until just wilted, about 3 minutes. Stir in sweet potatoes and simmer for 3 to 5 minutes longer. Transfer to serving dish, toss with cilantro and serve hot over rice.

CRUMB TOP BROCCOLI & CAULIFLOWER

Joelle Percival

**1 large cauliflower
2 Tbsp mayonnaise
1/4 cup dry bread crumbs
2 Tbsp butter, melted**

**1 large broccoli
1 cup cheddar cheese
1/4 cup Parmesan cheese
1 can mushroom soup**

Cut vegetables in pieces; steam for 10 minutes. Drain thoroughly. Combine soup, mayonnaise and cheddar cheese and pour over vegetables. Mix crumbs, Parmesan cheese and butter. Sprinkle over vegetables. Bake, uncovered, at 350° for 40 minutes.

TOFU AND VEGETABLE MIX

Helena Harder

**12 oz container medium soft tofu
5 Tbsp vegetable oil or clarified
butter (ghee)
1/2 tsp salt or to taste
1/2 medium onion, chopped
1 celery stalk, chopped
1 carrot, chopped**

**4 asparagus heads, chopped
1/2 medium tomato, chopped
1/2 tsp cumin seeds
1/2 tsp turmeric powder
1/2 tsp coriander powder
1/4 tsp ginger powder or 1/2 tsp
fresh ginger, minced**

Cut tofu into small finger like pieces and fry in 2 to 3 tablespoons oil in a shallow pan until golden brown. Flip gently and put aside. Heat oil at medium high heat in a deep skillet or wok. Fry cumin seeds until golden brown and then add onions and cook until soft. Add remaining spices and vegetables; stir-fry. You may need to add a sprinkle of water to keep moist. Cook, covered, until soft, checking often. Add fried tofu and mix thoroughly with vegetables. Sprinkle with more water as needed. Stir gently so that the tofu soaks up the juice from the spices and vegetables. Serve with rice. Eat with chapatti, stuff into pita bread, tortillas or any other kind of bread.

Variations: Substitute all spices with 1 tablespoon curry powder, 2 teaspoons garam masala depending on your taste. You can use tablespoon of sesame seeds during cooking. You can squeeze lime or lemon juice evenly onto the mixture just before serving.

*We make a living by what we get,
we make a life by what we give.*

LEMON ROAST POTATOES

Cathy Hinthner

4 lb peeled potatoes (approx 8 to 10)	3 cloves garlic, minced
1 cup water	2 tsp salt
1/2 cup lemon juice	2 tsp dried oregano
1/3 cup olive oil	1 tsp pepper

Cut potatoes lengthwise into thick wedges. Place in 13x9 inch pan. Whisk together water, lemon juice, oil, garlic, salt, oregano and pepper. Pour over potatoes, turning to coat evenly. Bake in 325°F oven, gently turning occasionally to keep potatoes well moistened.

OVEN ROAST POTATOES

Jane Dutchuk

8 potatoes, cut into small chunks	2 to 3 tsp Greek spices
1/2 cup lemon juice	Fresh ground pepper
Water	Seasoning salt, to taste
1/3 cup olive oil	

Place potatoes in a large bowl; add lemon juice and enough water to cover potatoes. Soak about 2 hours. Drain potatoes. Preheat oven to 350°F. Spray or pretreat large cookie sheet with oil. Mix olive oil and seasoning and coat potatoes evenly. Place potatoes in single layer on cookie sheet. Bake until cooked and browned, turning often, about 45 minutes. Yummy, enjoy with any meat.

CARROTS AND POTATOES

Helena Harder

2 cups chopped carrots	1/4 tsp cumin seeds
1 cup peeled potatoes	1/2 tsp curry powder or garam masala (optional)
2 Tbsp or less vegetable oil or clarified butter (ghee)	1/2 tsp mustard seeds (optional)
Salt, to taste	

Heat oil or clarified butter at medium high; fry cumin and mustard seeds. Add curry powder or masala and bring heat to medium. Oil content can be reduced to half, but you have to sprinkle water and stir often so that vegetables should not adhere to the bottom. Add carrots and stir for a few minutes. Now add potatoes and mix together. Cover with a lid for awhile. Watch - it should not get stuck to the bottom of the pot. Add some water and stir. Leave it to cook for 20 to 30 minutes. Check after every 5 to 10 minutes. It is done when the carrots and potatoes both are soft and mixed together but not mushy. Serve as side dish with boiled rice, eat with pita bread, chapatti or tortillas.

ROSEMARY RED POTATOES

Roxanne Kroeker

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|---|---|
| 1 3/4 lb small red potatoes,
quartered | 2 Tbsp to 1/4 cup olive oil (I use 2
Tbsp) |
| 1 small onion, slivered into thin
strips | 1 1/2 tsp crushed dried rosemary |
| | 2 cloves garlic, minced |
| | 1/4 tsp garlic salt |

In a large bowl or large resealable bag, combine all ingredients. Toss to coat. Transfer to foil lined baking sheet. Bake, uncovered, at 425°F for approximately 30 minutes or until potatoes are tender and golden brown.

CROCKPOT HASH BROWN CASSEROLE

Carol Gudmundson

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|-------------------------------------|--|
| 10 oz can cream of mushroom
soup | 2 1/4 lb frozen hash brown
potatoes |
| 1/2 cup green onion, chopped | 2 cups sharp cheddar, grated |
| 1 cup nonfat sour cream | 1 Tbsp margarine |
| 1/4 cup melted butter | 1/4 cup corn flake crumbs or
bread crumbs |
| 1 tsp salt | Mozzarella cheese (optional) |
| 1/4 tsp pepper | |
| Fresh dill | |

Stir together mushroom soup, green onion, sour cream, butter, salt, pepper and dill. Add hash browns and cheese and put into slow cooker. Cook on high for 3 to 4 hours. Melt margarine and stir in corn flakes; sauté in fry pan until crisp. Scatter over top before serving. You can double this recipe for a large crockpot.

HERB LENTILS RICE CASSEROLE

Judy Walker

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|--------------------------|-----------------------------|
| 2 1/2 cups chicken broth | 1/4 lb cheese, grated |
| 3/4 cup chopped onion | 3/4 cup dry lentils, washed |
| 1/2 tsp basil | 1/2 cup brown rice |
| 1/4 tsp thyme | 1/4 tsp salt and pepper |
| 1/4 tsp oregano | 1 clove garlic (or more) |

Combine all except 1/2 of cheese. Place in greased casserole dish, covered, at 325° for 1 1/2 hours or until soft. Stir twice. Uncover, top with cheese and bake 5 minutes longer.

TEX MEX RICE AND TWO BEAN PILAF

Dr. J.E. Kappel

- | | |
|--|---------------------------------|
| 1 1/2 Tbsp extra virgin olive oil | 1/2 tsp salt |
| 1 cup long grain white rice | 1/2 cup chopped onion |
| 1 1/4 cups water | 1 tsp minced garlic |
| 398 mL can red kidney beans,
drained and rinsed | 1/4 cup dried lentils |
| 1 cup frozen corn kernels | 1 cup medium salsa |
| 1 tsp chili powder or to taste | 1/2 tsp ground cumin |
| | Freshly ground pepper, to taste |

In a medium deep sided skillet with a lid, heat the oil over medium heat. Add the onion and cook, stirring, until softened. Add the garlic and rice and cook, stirring, for 2 minutes. Add the water, lentils, kidney beans, corn, salsa, chili powder, cumin, salt and pepper. Bring to a boil over medium high heat, stirring occasionally. Reduce the heat, cover and simmer until the rice has absorbed most of the liquid, about 20 minutes. Serve at once. Serves 4.

MACARONI AND CHEESE

Denise Schaan

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|--------------------------|-------------------------------|
| 2 cups elbow macaroni | 1/2 tsp salt |
| 1 cup low fat milk (1%) | 1/4 tsp pepper |
| 2 Tbsp all-purpose flour | 1 cup shredded cheddar cheese |
| 1 tsp Dijon mustard | 3 Tbsp grated Parmesan cheese |

Preheat oven to 350°. Cook macaroni; drain and keep warm. In a large saucepan, combine the milk, flour, mustard, salt and pepper. Cook, whisking constantly, until the sauce thickens and comes to a boil. Add the cheddar cheese in batches, stirring after each addition until it is melted before adding more. Stir in macaroni. Transfer the mixture to a shallow dish (1 quart size casserole dish) and sprinkle with the Parmesan cheese. Bake until golden, about 20 minutes. Increase the oven temperature to broil and cook for 3 more. Cool slightly before serving.

*Variety's the very spice of life
that gives it all its flavor.*

PHILIPPINE PANSIT

Chona Gage

2 Tbsp oil
1 medium onion, chopped
1 garlic clove, minced
1 cup green beans, french cut style
2 carrots, julienne

2 stalks celery, chopped
1 cup chicken, shredded
1 cup small shrimp
1/4 cup soy sauce
1 pkg vermicelli noodles
2 hard boiled eggs

Soak vermicelli in cold water. In skillet cook onions and garlic in oil until onion is clear. Add chicken, shrimp, carrots, celery and green beans. Stir until vegetables are tender crisp. Mix with vermicelli noodles. Add soy sauce and sliced egg to accent taste.

PANCIT GUISADO

Yolly Pines

1/2 cup boiled chicken, flaked
1/2 cup shrimp, sliced in long narrow strips
1/2 cup boiled pork, sliced in long narrow strips
1/2 cup cooked ham, sliced in long narrow strips
1 cup cabbage, shredded

1/2 Tbsp soy sauce
1 pkg pancit canton
4 cloves garlic
1 medium onion, sliced
1 cup shrimp juice
Salt and pepper, to taste
2 to 3 cups soup stock
Lemon juice, to taste (optional)

Fry separately the garlic, onions, shrimp, pork, chicken and ham. Set aside a portion of each for garnishing the dish. To the rest add soy sauce, shrimp juice, salt and pepper. Simmer about 5 minutes then add cabbage, mixing well. Simmer until almost dry. Add soup stock and pancit canton and cover for 3 minutes on medium heat; stir then mix in remaining mixture that you set aside. Put on long platter and serve.

FRIED RICE

Mary Harnish

2 to 3 Tbsp green onion, chopped
1/2 cup sausage, chopped
1 cup cooked ham or pork, chopped
4 cups cooked rice

2 Tbsp oil
2 eggs, slightly beaten
1/2 tsp salt
2 Tbsp soy sauce
1 1/2 cups cooked peas

Sauté onion, meat and sausage in oil. Add rice and cook for 5 minutes. Add beaten eggs, salt and soy sauce and mix well together. Cook until eggs are cooked. Add peas.

"PANSIT" PHILIPPINE NOODLES

Rita Celestino

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|--|------------------------------------|
| 1 pkg super Q noodles from Asian store (red pkg) | 1/2 medium cabbage, shredded |
| 5 Tbsp oil | 10 pieces snow peas, both ends cut |
| 3 Tbsp soy sauce | 3 Tbsp oyster sauce |
| 1 Tbsp garlic, minced | 6 cups chicken soup stock |
| 1 medium onion, diced | 1/4 cup soy sauce |
| 1 boiled chicken breast, stripped | 1 tsp sesame oil |
| 3 medium carrots, matchstick cut | 1/2 tsp ground pepper |
| 3 stalks celery, matchstick cut | 3 stalks green onion, chopped |

Heat oil; add garlic until golden brown, onion, 3 tablespoons soy sauce and chicken meat. Add carrots and snow peas and cover to simmer for 2 minutes. Add celery, cabbage and oyster sauce and simmer another 1 to 2 minutes, covered. Set aside half of vegetable stir fry for garnish. To pan add chicken stock onto the remaining vegetable mixture; add soy sauce. Let boil. Rinse noodles with cold water according to directions and mix into pan making sure noodles are submerged in broth to cook. Cover, stirring together; decrease heat and let simmer until noodles are soft and cooked. Add sesame oil for flavor and dash of ground pepper. When serving, combine the set aside vegetables as garnish and top with green onion.

Note: For gluten free, use no name soy sauce or China Lily brand soy sauce.

MACARONI AND CHEESE

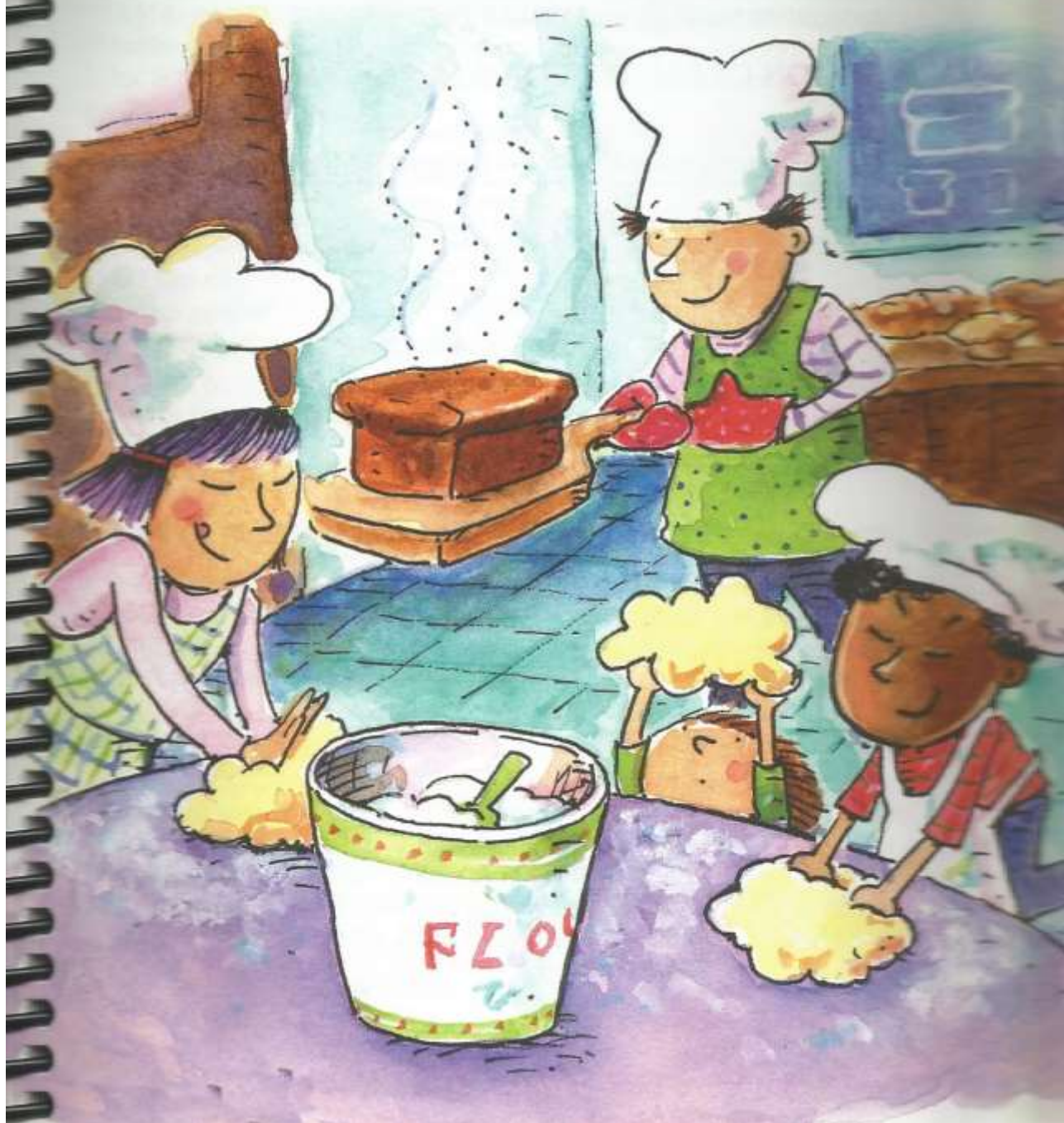
Wanda Aamodt

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|--------------------------------|---|
| 2 cups cooked macaroni | 1 1/2 cups cream (more or less 1/2 cup) |
| 4 Tbsp margarine | 2 beaten eggs |
| 1/2 cup Muenster cheese | 1/4 tsp salt |
| 1 cup cheddar cheese, shredded | 1/8 tsp pepper |
| 1/2 cup Monterey Jack cheese | Bread crumbs |
| 1 cup cubed Velveeta | |

Grease roaster. Add ingredients as listed. Sprinkle bread crumbs on top. Bake at 350°F for approximately 35 minutes, until bubbling around edges.

EXTRA RECIPES

Breads



BAKING TEMPERATURES & TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required For Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain Loaves	375° - 400°	30 - 45
Plain Rolls	375° - 400°	10 - 20
Sweet Rolls	375°	20 - 30

CONVERSION OF PAN & UTENSIL SIZES TO METRIC

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L 2.5 L 3 L 3.5 L	20 cm square 23 cm square 30x20x5 33x21x5	8 inch square 9 inch square 12x8x2 13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L 2 L	20x10x7 23x13x7	8x4x3 9x5x3
Round layer cake pan	1.2 L 1.5 L	20x4 23x4	8x1½ 9x1½
Pie pan	750 mL 1 L	20x3 23x3	8x1¼ 9x1¼
Tube pan	2 L 3 L	20x7 23x10	8x3 9x4
Spring form pan	2.5 L 3 L	23x6 25x8	9x3 10x4
Baking dish	1 L 1.5 L 2 L 2.5 L 3 L 4 L		1 qt 1½ qt 2 qt 2½ qt 3 qt 4 qt
Custard cup	200 mL		6 fl oz
Muffin pans	40 mL 75 mL 100 mL	4x2.5 5x3.5 7.5x3.5	1.5x1 2x1¼ 3x1½
Mixing bowls	1 L 2 L 3 L		1 qt 2 qt 3 qt

BREADS

BLUEBERRY POWER MUFFINS

Glenda Day

3/4 cup all-purpose flour	1/4 cup low fat milk
1/2 cup whole wheat flour	1 egg
1/2 cup oatmeal	1 Tbsp canola oil
1/2 cup sugar	1 tsp vanilla
1 1/2 tsp baking powder	1 cup fresh or frozen blueberries
1/2 tsp baking soda	1/4 cup chopped almonds
1 cup low fat vanilla yogurt	

In bowl whisk together flours, oats, sugar, baking soda and powder. In another bowl whisk together yogurt, milk, egg, oil and vanilla. Pour over dry ingredients and stir until just moistened. Fold in blueberries. Pour batter into paper lined muffin pan. Sprinkle with almonds. Bake at 400°F for 20 minutes. Makes 12 muffins. Good for breakfast.

BLUEBERRY MUFFINS

Rita Celestino

1 3/4 cups flour	1 egg
3 tsp baking powder	3/4 cup milk
1/2 tsp salt	1 tsp vanilla
1 cup sugar	Blueberries
1/4 cup butter or margarine	

Cream butter; add sugar, egg and milk. Mix in dry ingredients. Scoop to paper lined muffin pan until each muffin cup is half full. Bake at 350°F for 20 minutes.

RHUBARB PECAN MUFFINS

Norma Jean Schaan

2 cups (500 mL) all-purpose flour	1 large egg
3/4 cup (175 mL) sugar	1/4 cup (50 mL) vegetable oil
1 1/2 tsp (7 mL) baking powder	2 tsp (10 mL) grated orange peel
1/2 tsp (2 mL) baking soda	3/4 cup (175 mL) orange juice
1 tsp (5 mL) salt	1 1/4 cups (300 mL) rhubarb,
3/4 cup (175 mL) chopped pecans	finely chopped

Preheat oven to 350°F. In a large bowl, combine the flour, sugar, baking powder, baking soda, salt and pecans. In a medium bowl, beat egg. Stir in oil, orange peel and juice. Add to flour mixture all at once and stir just until batter is moist. Stir in the rhubarb. Lightly grease muffin tins and fill cups 3/4 full. Bake for 25 to 30 minutes. Makes 12 muffins.

MELT-YOUR-HEART OAT MUFFINS

Betty Peters

1 cup Robin Hood oats
1 cup buttermilk or sour milk
1 cup flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
3/4 cup lightly packed brown sugar

1 egg, beaten
1/4 cup melted butter or margarine
1 cup blueberries or other desired fruit (cranberries, chunks of apple, etc.)

Combine oats and buttermilk in a small bowl and set aside. Combine flour, baking powder, soda, salt and brown sugar. Stir well to blend. Add egg and melted butter to oat mixture. Mix well. Add oat mixture all at once to dry ingredients. Stir just until all ingredients are moistened. Gently fold in fruit. Fill well greased muffin cups 3/4 full. Bake at 400°F for 15 to 22 minutes. Makes 1 dozen muffins.

CARROT MUFFINS

Rita Celestino

1 cup grated carrots
1/2 cup crushed pineapple
2 eggs
1/2 cup cooking oil
1 tsp vanilla
1/2 cup flour
1 tsp baking powder
1 tsp baking sugar

1 tsp cinnamon
1 tsp salt
Frosting:
4 oz cream cheese
1/4 cup soft butter
1 cup icing sugar
2 tsp vanilla

Mix first 5 ingredients. Mix all dry ingredients in a separate bowl. Pour wet ingredients over dry ingredients and stir only 6 or 7 times until flour mixture is just moistened. Pour in floured and oiled muffin tins. Bake at 375°F for 20 minutes.

Frosting: Beat cream cheese with soft butter and icing sugar. Add vanilla and beat until smooth.

Note: The secret to fluffy muffins is little or light handling.

*Things turn out best for people who make
the best of the way things turn out.*

BANANA CHOCOLATE CHIP MUFFINS

Annette Mireau

1/4 cup margarine or butter	1/4 tsp soda
1 cup sugar	2 tsp baking powder
1 egg	1/4 tsp salt
1 tsp vanilla	1 cup chocolate chips
4 mashed ripe bananas	1/2 cup ground flax (optional)
1 1/2 cups flour (I use half whole wheat, half white)	

Mix margarine and sugar. Add egg and vanilla. Combine dry ingredients and alternate banana and dry ingredients. Stir in chocolate chips. Bake at 360° for 30 to 40 minutes.

BEST EVER BANANA MUFFINS

Andrea Wiebe

3 large bananas	1 tsp baking soda
3/4 cup white sugar	1 tsp baking powder
1 egg	1/2 tsp salt
1/3 cup melted margarine	1 1/2 cups flour

Mash bananas. Add sugar and slightly beaten egg. Add the melted margarine. Add the dry ingredients and stir only till mixed. Bake at 375°F for 20 minutes. Also tastes good with 1 cup chocolate chips. If making into a loaf, bake for 50 minutes to 1 hour.

BANANA CHOCOLATE CHIP MUFFINS

Melanie Burwell

1 cup mashed bananas	1 cup flour
1/3 cup oil	1 tsp baking soda
1/2 cup sugar	1/2 tsp cinnamon
1 egg	Pinch salt

Mix all wet ingredients. Add dry ingredients. Put in muffin tins. Bake at 350° for 20 minutes.

*There is no better exercise for the heart
than reaching down and lifting someone up.*

BANANA MUFFINS

Roxanne Kroeker

1/2 cup sugar	1/2 cup All-Bran cereal
3 Tbsp canola oil	1 cup whole wheat flour
3 Tbsp unsweetened applesauce	1 tsp baking powder
1 cup mashed bananas	1 tsp baking soda
1 egg	1 tsp salt
1 1/4 tsp vanilla extract	1/2 cup raisins

Preheat oven to 350°F. Mix together sugar, oil, bananas, applesauce, egg, vanilla and All-Bran. Let stand 5 minutes. Add flour, baking powder, baking soda and salt. Stir only until blended. Add raisins. Bake for 20 to 25 minutes. (Option: Replace raisins with chopped dates or chocolate chips.)

BANANA MUFFINS

Rita Celestino

1 cup brown sugar	1 tsp salt
3 1/2 cups flour	1 cup oil
4 tsp baking powder	4 beaten eggs
1 tsp baking soda	2 cups mashed bananas

Mix first 5 ingredients, then mix last 3 ingredients. Combine both. Preheat oven to 375°F. Scoop batter into greased and floured muffin pan until cups are half full. Bake for 20 minutes or until toothpick inserted in middle comes out clean.

BANANA MUFFINS WITH CHOCOLATE CHIPS

Bev Vinish

2 eggs	2 ripe bananas
1/2 cup vegetable oil	1 3/4 cups flour
1 1/2 cups sugar	1 tsp baking soda
1/2 tsp salt	1 cup chopped walnuts or pecans (optional)
1 tsp vanilla	
1/3 cup sour milk or buttermilk (you can sour regular milk with tsp vinegar)	

Preheat oven to 350°F. Line pan with muffin liners or grease muffin tin. Cream eggs, oil, sugar, salt, vanilla, milk and mashed bananas. Add flour, soda and nuts. Mix gently and pour into muffin tins. Bake 20 to 25 minutes until muffins spring back when touched.

BANANA CAKE

Rita Celestino

1/2 cup butter
1 cup brown sugar
2 eggs
1/2 cup cake flour
1/3 cup milk

1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
2 large or 3 small bananas

Cream butter. Add sugar and egg. Add sifted dry ingredients alternating with milk and mashed bananas until well blended. Bake at 350°F for 35 to 45 minutes or check with a barbecue stick inserted in the middle - it should come out clean.

BEST EVER BANANA BREAD

Alisa Funk

1 cup butter
2 cups sugar
3 cups mashed ripe bananas (6)
4 eggs, well beaten
2 1/2 cups flour
2 tsp baking soda

1 tsp salt
1 tsp nutmeg
1 1/2 cups frozen blueberries (I substitute chocolate chips instead)

Cream butter and sugar together. Then add bananas and eggs. Mix dry ingredients and blueberries. Blend together. Bake 55 minutes to 1 hour in loaf pan. Cool on rack for 10 minutes before removing from pan.

BANANA LOAF

Ghenet Adhanom

2 cups self-rising flour (soy and gluten free)
2 tsp gluten free baking powder
2/3 cup brown sugar
1/4 tsp cinnamon
125 g dairy free margarine, melted and cooled slightly

1/2 cup rice drink
2 eggs or equivalent egg replacer
3 large bananas, mashed
Maple syrup to serve (optional)

Preheat oven to 325°F. Grease a loaf pan and line base of pan with parchment paper. Sift the flour, baking powder, sugar and cinnamon into a bowl. In a separate bowl, whisk margarine, rice drink and egg replacer together. Add milk mixture into the dry ingredients with the mashed bananas. Use a wooden spoon to mix until well combined. Pour the mixture into the prepared pan and smooth the surface with a spoon. Bake for 40 minutes or until skewer inserted into the center comes out clean. Set aside in the tin for 5 minutes before turning out onto a wire rack to cool. Serve warm or at room temperature. Cut into slices and drizzle with maple syrup if desired.

SPICED BANANA LOAF (High Fiber, Low Cholesterol)

Ghenet Adhanom

2/3 cup light, dark, or garbanzo bean flour	1 1/2 tsp apple pie spice
2/3 cup cornstarch	1/3 cup (2/3 stick) margarine
1/2 cup tapioca flour	2/3 cup brown sugar
1/2 tsp xanthan gum	1 egg plus 2 egg whites or 2/3 cup liquid egg substitute
3/4 tsp baking soda	1 tsp vanilla
1 1/4 tsp cream of tartar	1 cup ripe bananas, mashed
1/2 tsp salt	

Preheat oven to 350°. Spray a 9x5 inch loaf pan with vegetable oil spray. In a medium bowl, blend the bean flour, cornstarch, tapioca flour, xanthan gum, baking soda, cream of tartar, salt and apple pie spice. In a large mixing bowl, cream the margarine and brown sugar. Beat in the eggs gradually until the mixture is fluffy. Add the vanilla. Beat in the flour mixture alternately with the banana until the batter is smooth. (If batter seems too thick, thin with 1 to 2 tablespoons orange or apple juice.) Pour batter into prepared pan and bake for 50 to 55 minutes or until loaf springs back to the touch. Let cool a few minutes in pan and then remove to cool on rack before slicing. Makes 1 loaf. Wonderfully delicious and different. Bean flour flavors the bread and gives it more fiber. Use the dark bean flour for a mocha taste, the garbanzo flour for a more delicate nutty flavor.

BRAN MUFFINS

Rita Celestino

3 cups white sugar	4 cups bran flakes
1 cup Crisco shortening	1 qt buttermilk
3 Tbsp baking soda	4 eggs
1 Tbsp salt	2 cups raisins
2 cups boiling water	5 cups flour
2 cups Nabisco 100% bran	

Pour boiling water over 100% bran and let stand while creaming together sugar, Crisco and eggs. Add buttermilk. Sift together flour, soda and salt and add to mixture. Add bran and flakes. Fold until moist and add raisins. Store unbaked in econo canister for up to 6 weeks in refrigerator. Bake at 400°F for 15 to 20 minutes.

BANANA DATE SCONES

Denise Schaan

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|---|-------------------------------------|
| 8 oz dates | 1 cup all-purpose flour |
| 1 Tbsp all-purpose flour | 1 1/4 cups whole wheat pastry flour |
| 1 cup mashed very ripe banana (about 3 to 4 - their skins should be almost black) | 2 tsp baking powder |
| 2 Tbsp ground flaxseed | 1 tsp cinnamon |
| 1/3 cup rice milk | 1/4 tsp ground nutmeg |
| 1/3 cup canola oil | 1/2 tsp salt |
| 1/4 cup brown rice syrup or agave | 1/2 cup chopped walnuts |

Preheat oven to 350°F and lightly grease 2 medium sized baking sheets. Finely chop the dates, place in a small bowl and sprinkle with 1 tablespoon of flour. Toss the dates to thoroughly coat with the flour, breaking apart any clumps. Set aside. In a large bowl, whisk together the flaxseed and rice milk. Whisk in the mashed banana, canola oil and brown rice syrup. In a separate bowl, sift together the flours, baking powder, cinnamon, salt and nutmeg. Stir into the banana mixture until the ingredients are just moistened; the dough will be thick yet sticky. Fold in the chopped dates and walnuts. Drop by 1/2 cup measures onto greased baking sheets. Bake for 32 to 34 minutes until browned and firm. Makes 8 large scones.

GLUTEN FREE BANANA LOAF

Suzanne Cooke

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|--|----------------------------------|
| 2 large eggs | 1 1/4 cups brown rice flour |
| 1/2 cup white sugar | 1/2 cup potato starch |
| 1/4 cup oil | 1/4 cup tapioca flour |
| 1 tsp vanilla | 1 tsp cocoa |
| 1/2 tsp salt | 1 Tbsp gluten free baking powder |
| 1 cup mashed bananas (approx 3 ripe) | 1/4 tsp baking soda |
| 1/4 cup milk (substitute rice or almond milk for dairy free) | |

Beat eggs in a medium bowl. Add the next 6 ingredients. Beat. Mixture will be curdly. In a separate bowl combine the dry ingredients. Add to the wet ingredients and beat to mix. Pour into a 9x5x3 inch greased loaf pan. Bake at 350°F for 45 to 55 minutes. Makes one loaf.

GLUTEN FREE DATE NUT MUFFINS

D'Arcy Turner

1 cup coarsely chopped dates
1/2 cup chopped walnuts
3 Tbsp shortening or vegetable oil
2 tsp baking soda
1/2 tsp salt
1 cup boiling water

3/4 cup sorghum flour
2/3 cup whole bean flour
1/4 cup tapioca starch
3/4 cup granulated sugar
1 1/2 tsp xanthan gum
2 eggs
1 tsp vanilla

Lightly grease a 12 cup muffin tin or 9x5 inch (2 L) loaf pan. In a medium bowl, combine dates, walnuts, shortening, baking soda and salt. Pour in boiling water and set aside for 20 minutes. In a large bowl or plastic bag, combine sorghum flour, whole bean flour, tapioca starch, sugar and xanthan gum. Mix well and set aside. In a separate bowl, using an electric mixer, beat eggs and vanilla until combined. Stir in date mixture. Add dry ingredients and mix just until combined.

Muffins: Spoon batter evenly into each cup of prepared muffin tin. Let stand for 30 minutes. Meanwhile, preheat oven to 350°F (180°C). Bake for 18 to 20 minutes or until firm to the touch. Remove from pan immediately and let cool completely on a rack.

CHERRY LOAF

Stephanie Thorne

1 1/2 cups flour
2 tsp baking powder
1/2 tsp salt
1/2 cup milk

1/3 cup margarine
3/4 cup sugar
2 eggs
1 cup sliced maraschino cherries

Mix dry ingredients together. Mix margarine and sugar. Beat in eggs. Mix in milk. Combine dry ingredients to the wet ingredients. Fold in cherries. Put in greased loaf pan and bake at 350°F for 50 to 55 minutes.

LEMON LOAF

Diane Hamilton

1/2 cup butter
1 cup white sugar
2 eggs
Grated rind and juice of 1 lemon

2 tsp baking powder
1/2 tsp salt
1/2 cup milk
1 3/4 cups all-purpose flour

Cream the first 3 ingredients well. Add and combine remaining ingredients. Put in loaf pan. Bake at 350°F for 55 to 60 minutes. While baking, mix 1/4 cup white sugar and the juice of 1/2 lemon and let sit to dissolve. Remove loaf from oven and glaze top with the lemon sugar mixture.

GLUTEN FREE PEAR MUFFINS

Ghenet Adhanom

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|--|--|
| 2 cups self-rising flour (soy free, gluten free) | 1/3 cup canola oil |
| 2 tsp gluten free baking powder | 2 eggs or equivalent egg replacer |
| 3/4 cup brown sugar, lightly packed | 2 ripe pears, peeled, cored and mashed |
| 2/3 cup rice drink | |

Preheat oven to 350°F. Lightly grease a muffin tray with canola oil. Sift flour and baking powder into a large bowl and add sugar. In a separate bowl, combine rice drink, oil and egg. Add egg mixture and pears to flour, mixing until just combined. Spoon mixture into muffin tray and bake for 18 to 20 minutes or until skewer inserted into the center comes out clean. These muffins need to be eaten the day they are made. (Option: Replace pears with 1 cup banana, mashed. Replace pears with 1/2 bunch rhubarb, washed and cut into 2 inch pieces, increasing rice drink then to 3/4 cup.)

WHEATLESS LOAF

Ghenet Adhanom

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|--|--|
| 4 tsp dry yeast | Optional: |
| 1 Tbsp sugar | 2 Tbsp roasted buckwheat |
| 2 1/2 cups warm water | 1 egg, when using egg replacer |
| 3 1/2 cups all-purpose flour (soy and gluten free) | water with 2 cups milk (heat milk and cool to lukewarm; add egg to mixture with oil and yeast) |
| 2 tsp ground sea salt | |
| 1/3 cup canola oil | |
| 2 Tbsp canola oil for glazing | |

Preheat oven to 425°F. Lightly grease a loaf pan. Combine yeast, sugar and warm water in a bowl; stir to dissolve yeast. Stand the bowl in a warm place for about 10 minutes or until mixture becomes frothy. Sift flour into a large bowl and add salt. Make a well in the center and add the yeast mixture and oil. Beat well with a wooden spoon. Pour into the prepared pan and sprinkle with buckwheat if using. Cover loosely and place in a warm place for about 20 minutes or until the mixture comes to the top of the tin. Bake for 20 minutes then reduce heat to 400°F and bake additional 30 to 35 minutes or until cooked. Brush with extra oil during cooking at least twice to help promote browning. Freezes well. To increase fibre, add 1/3 cup rice bran with the dry ingredients.

GLUTEN FREE BREAD ROLLS

Ghenet Adhanom

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|---|--|
| 4 tsp dry yeast | 2 tsp ground sea salt |
| 1 Tbsp brown sugar | 1/2 cup rice bran |
| 2 cups warm water | 60 g margarine, dairy free,
melted and cooled |
| 2 tsp guar gum | Canola oil for brushing |
| 2 cups all-purpose flour (soy and
gluten free) | 2 Tbsp poppy seeds (optional) |
| 3/4 cup rice flour | |

Preheat oven to 400°F. Lightly grease 8 individual 4x2 1/4 inch loaf tins. Combine yeast, sugar and warm water in a bowl and stir to dissolve yeast. Stand the bowl in a warm place for about 10 minutes or until the mixture is frothy. Sift the gum and flours into a large bowl. Add salt and rice bran. Make a well in the center and add the yeast mixture and cooled margarine. Mix well to form soft dough. Divide into 8 equal portions; gently shape with floured hands into an oval shape. Place into prepared tins. Sprinkle with poppy seeds, if using. Cover loosely and place in a warm place for 45 to 60 minutes or until mixture comes to the top of the tins. Bake for 25 to 30 minutes or until cooked through. Brush with oil during cooking at least twice to help promote browning.

BREAKFAST CEREAL YOGURT BARS

Carmen Berglund

- | | |
|--------------------------------------|---|
| 2 cups raisin bran | 1/2 cup margarine |
| 3/4 cup flour | 1 cup strawberry or blueberry
yogurt |
| 1/4 cup firmly packed brown
sugar | 1 egg, slightly beaten |
| 1/2 tsp ground cinnamon | 2 Tbsp flour |

Mix cereal, flour, sugar and cinnamon in medium bowl. Cut in margarine until mixture resembles coarse crumbs. Press 1/2 the mixture onto bottom of 8x8 inch pan. Mix yogurt, egg and 2 tablespoons flour until well blended; spread over bottom crust. Sprinkle with remaining cereal mixture. Bake at 350°F for 30 minutes or until golden brown. Cool in pan and cut into squares.

Note: You can use whatever flavour of yogurt you wish. I've used strawberry, blueberry, and peach; and also mixed in some cut up fresh fruit in the filling layer. It tastes even better then!

A journey of a thousand miles starts with a single step.

QUICK CRANBERRY MULTIGRAIN BREAD

Ghenet Adhanom

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|--|--|
| 1 cup whole spelt or whole wheat flour | 1 1/4 cups soy milk, rice milk or almond milk (whichever you prefer) |
| 3/4 cup unbleached white flour | 1/4 cup honey |
| 1/2 cup multigrain cereal | 1/4 cup canola oil (cold-pressed organic preferably) |
| 1 1/2 tsp baking powder | 1/2 cup dried cranberries |
| 2 eggs | |

Mix dry ingredients, excluding dried cranberries, together in a food processor or mixer. In a separate bowl, whisk liquid ingredients together. Slowly pour into dry ingredients. Mix. Add dried cranberries and mix briefly. Pour into a greased loaf pan and bake at 350°F for 50 to 55 minutes.

BANANA CREAM CREPES

Leesa Konecnik

- | | |
|-----------------------|-----------------------|
| 2 eggs | 500 mL whipping cream |
| 1/2 cup milk | 1 tsp vanilla |
| 3 Tbsp water | 3 Tbsp sugar |
| 1/2 cup flour, sifted | 3 to 4 bananas |
| 1/4 tsp salt | |

Beat eggs until frothy. Stir in milk and water. Mix in flour and salt until mixture is well blended. Then in a lightly greased frying pan on medium heat, pour a small amount of mixture in and roll frying pan to distribute mixture evenly. When crepe is looking dry, turn over and brown other side lightly. Crepe should look golden. Repeat until all mixture is used. Mix whipping cream, vanilla and sugar together until stiff. Slice the bananas lengthwise into quarter sections. Place one quarter section into each crepe and add whipping cream and then roll up crepe. Top with a dollop of whipping cream and if desired chocolate shavings.

PENNY'S PANCAKES

Jocelyn Korpan

- | | |
|----------------------|---------------------|
| 1 egg | 1 Tbsp sugar |
| 1 1/4 cups sour milk | 2 tsp baking powder |
| 2 Tbsp oil | 1/2 tsp baking soda |
| 1 cup flour | 1/2 tsp salt |

Combine the ingredients in order (to sour milk, add 2 tablespoons vinegar to measuring cup and add milk to 1 1/4 cups total) and mix until not lumpy anymore. Fry in medium hot skillet until edges of pancake are drying; flip. Serve with favourite syrup. Double recipe feeds 2 adults and 1 toddler.

SWEDISH PANCAKES

*Administrative Assistants
for Saskatoon Nephrology Group*

1 1/2 cups flour
3 Tbsp sugar
1/2 tsp salt

3 eggs
2 cups milk
2 Tbsp melted butter

Mix and sift flour, sugar and salt. Beat in milk and egg yolks. Beat egg whites until very thick and light. Add last. Pan must be very hot (400° or more). If the pan is hot enough the edges of the pancake will be crinkly. Serve with maple or chokecherry syrup. Also good with strawberries and whip cream. For thinner and quicker pancakes just mix in whole eggs without beating whites.

CREAM PUFFS

Stacey Hammond

1/2 cup butter
1 cup water

1 cup flour
4 eggs

Bring water and butter to a boil. Then add flour all at once. Stir until the dough leaves the side of the pot. Remove from the heat and let stand for 2 minutes. Slowly beat in one egg at a time. Using a regular teaspoon, spoon mixture onto a greased pan (should make about 45 cream puffs). Bake at 350°F for 25 to 30 minutes until the center is dry. They can be made ahead and frozen without filling (fillings: whip cream, fresh fruit, berries and jams).

GLUTEN FREE CHEESE BUNS

D'Arcy Turner

Pamela wheat free bread mix **1 to 1 1/2 cups grated cheese**

Prepare bread mix as directed for "bread". Stir in grated cheese. Place dough on greased cookie sheet using approximately 1/3 cup per bun. Place 1 inch apart. Hint: Use an ice cream scoop to measure and place buns on cookie sheet. Provides uniform shaped buns. Use parchment paper on cookie sheet. Prevents cheese from burning and allows for easy clean up. Moisten fingertips with water to flatten dough into bun shapes. Let dough rest 60 minutes. Bake at 325° for 40 to 45 minutes till dark brown in color. If underbaked they will "fall". These buns freeze well. Once defrosted, heat in microwave. They stay moist and are great for BBQ burgers or bunwiches.

ROLLKUCHEN (Crullers)

Betty Peters

3 cups flour
1 tsp baking powder
1/2 tsp salt

2 eggs
1/2 cup sour cream
1/2 cup milk

Mix dry ingredients together. Add eggs, sour cream and milk and mix well. Roll out dough on floured surface to about 1/8 inch thickness. Cut into rectangular pieces and fry quickly in hot fat (375°F) until golden brown, turning over once. In Mennonite culture this is served with watermelon on a hot summer day.

Variation: Cut rolled out dough into squares. Fold two edges together and pinch together, creating a corner pocket. Place into this pocket, fruit, which is in season, e.g. strawberries (cut up), saskatoons, rhubarb, raspberries. Add 1/2 to 1 teaspoon sugar according to tartness of fruit. Pinch together remaining corners of pocket. Deep fry quickly, turning once. Tip: Fry as quickly as possible for juices of fruit will cause the pockets to open. Works best with one person making them and one person deep frying. Was one of my favorite times with my Mom in summer.

ERIC'S GLUTEN FREE BREAD

Suzanne Cooke

1 1/4 cups brown rice flour
1/2 cup sorghum flour
1/2 cup cornstarch
1/2 cup rice bran (or white rice flour)
1 Tbsp xanthan gum
1 Tbsp instant yeast
1 1/4 tsp salt

1 cup water
1 tsp cider vinegar
2 Tbsp vegetable oil
2 Tbsp liquid honey
2 Tbsp brown sugar (or fancy molasses)
3 eggs

In one bowl or a plastic zip bag combine all dry ingredients. In another bowl combine all wet ingredients and mix well. Add dry ingredients to wet slowly with mixer on lowest speed; mix until well combined, scraping the bowl with a spatula. Beat for 4 minutes with mixer on medium speed. (Batter is thick - more like cake batter.) Spoon into well greased loaf pan. Place in a warm, draft free place for 60 to 75 minutes to rise or until the bread has risen to the top of the pan. Bake at 350° for 35 to 45 minutes. Loaf will sound hollow when tapped on the bottom. Cool. Slice and place unused slices in freezer.

THREE BERRY SCONES

Carol Gudmundson

2 cups flour
3 Tbsp sugar
1 Tbsp baking powder
1/2 tsp salt

2 Tbsp butter, chilled and cut
into small pieces
1 cup buttermilk
1 1/2 cups frozen unsweetened
mixed berries

Preheat oven to 400°F. Line a baking sheet with parchment paper. In a large bowl, whisk together flour, sugar, baking powder and salt. Mix in butter until mixture resembles fine crumbs. Stir in buttermilk and then berries. On prepared baking sheet, shape dough into two 7 inch circles. Cut each circle into 6 wedges. Coat with butter flavored cooking spray. Bake until golden brown, approximately 20 minutes. One wedge equals 2 points.

ORANGE BUNS

Jeanette Ens

1 cup lukewarm water
2 Tbsp yeast
4 Tbsp sugar
3 cups warm water
1 cup sour cream
6 eggs
1 Tbsp salt
3/4 cup sugar
1 cup oil

12 1/2 cups flour
1 1/2 cups sugar
1 1/2 cups coconut
Grated rind of 3 oranges
Glaze:
2 1/2 cups sugar
1 1/2 cups sour cream
1 cup margarine
Rest of orange rind

Mix lukewarm water, yeast and sugar; set aside and let rise for 10 minutes. Combine remaining water, sour cream, eggs, salt, 3/4 cup sugar, oil and then yeast mixture. Punch in flour to form soft dough. Let rise 1 hour and punch down again. Let rise until double in size. Combine coconut, remaining sugar and half of orange rind. Roll out dough, brush with melted butter and sprinkle with coconut mixture. Roll into log-like cinnamon buns, cut and put on greased pan and let rise. Bake for 20 minutes at 350°F.

Glaze: Boil sugar, sour cream, margarine and orange rind for 1 minute and pour over buns when hot.

Note: Dough can be used for plain cinnamon buns.

BANNOCK

Darlene Lockwood

3 cups flour
1 tsp salt
2 Tbsp baking powder

1/4 cup melted butter
1 1/2 cups water

Combine dry ingredients in a large bowl. Pour butter and water over and stir with a fork to make a ball. Knead gently 10 times and pat into a flat circle. Bake at 350°F for 25 to 30 minutes.

ZUCCHINI BREAD

Joelle Percival

3 eggs
2 cups sugar
2 cups grated zucchini
1 tsp salt
1 tsp ginger, cloves, cinnamon

1 cup oil
3 tsp vanilla
3 cups flour
1 tsp baking soda
1/2 cup milk

Mix well. Pour into greased and floured loaf pans. Bake for 1 hour at 350°. Makes 2 loaves.

GLUTEN FREE CORN BREAD

Mary Harnish

1 cup yellow cornmeal
1 tsp baking powder
1/8 tsp baking soda
1 tsp salt
1 Tbsp sugar

2 eggs
1/2 cup oil
1 cup sour cream
1 cup Green Giant cream corn
(Green Giant is gluten free)

Put in bowl in order given. Mix well. Pour into 8x8 inch greased pan. Bake at 425°F for 35 minutes. (Option: You can replace sour cream with plain yogurt, but not low fat.)

IRISH BROWN SODA BREAD

Sheila Clancy

1 1/4 cups white flour
1 cup whole wheat flour
1/2 cup rolled oats
1/4 cup toasted wheat germ

1 1/2 tsp baking soda
1 tsp salt
1/4 cup cold butter
1 1/3 cups buttermilk or yogurt

Preheat oven to 425°F. Dust baking sheet with flour. Mix dry ingredients. Cut in butter and rub to coarse crumbs. Add buttermilk and mix until evenly moistened. On floured surface, knead dough approximately 1 minute, adding only enough flour to prevent sticking. On baking sheet pat dough into approximately 7 inch circle. Dust top evenly with additional flour. Cut a shallow X in top of round. Bake 30 minutes. Cool at least 2 hours before cutting.

GARLIC BREAD

Sandy Knezacek

1 loaf French bread
1/2 cup margarine or softened butter
1/4 cup grated Parmesan cheese

1/4 cup finely chopped fresh parsley
Garlic powder, to taste

Cut up French bread; cut slices almost, but not quite, through (so they are all still attached to each other). Mix other ingredients in small bowl, then butter both sides of each slice of bread. Wrap bread in foil, leaving it a bit open at top. Bake at 400°F for about 1/2 hour.

POPOVERS

Linda Lichtenwald

1 1/2 Tbsp unsalted butter, melted
Softened butter for greasing pans
1 1/2 cups flour

3/4 tsp salt
3 extra large eggs, at room temperature
1 1/2 cups milk, at room temperature

Preheat oven to 425°F. Generously grease aluminum popover pans or Pyrex custard cups with softened butter. You'll need enough pans to make 12 popovers. Place the pans in the oven for exactly 2 minutes to preheat. Meanwhile, whisk together the flour, salt, eggs, milk and melted butter until smooth. The batter will be thin. Fill the popover pans less than half full and bake for exactly 30 minutes. Do not peek. If using a convection oven check at about 20 to 22 minutes.

EASY DUMPLINGS

Judy Timmerman

2 cups white flour
4 tsp baking powder
1 tsp salt

4 Tbsp soft margarine or butter
1 cup milk (or more)

Combine flour, baking powder and salt in a bowl. Cut in butter that's been kept at room temperature or use soft margarine. Stir milk lightly into the flour mixture with a wooden spoon and adjust amounts to make sure that you have a moist dumpling dough.

Have a heart that never hardens, a temper that never tries, and a touch that never hurts.

HOW TO MAKE CHAPATTI OR ROTI

Helena Harder

**1 cup whole wheat flour or
chapatti/roti flour**

1/2 cup or more water

Take flour in a deep bowl and add water slowly and mix to form dough. It should turn into a ball and should not be sticky. You can knead it with your fist and with sprinkling little water. Or use a kneader/mixer. Make 4 to 6 small balls from the dough. Squeeze and knead between your palms and give a shape of a golf or ping pong ball. Roll the ball in dry flour; bring it to wooden board and use rolling pin to flatten it. Watch dough does not stick to the wooden board. Flip it over and again sprinkle dry flour. Roll until it is 5 to 6 inches in diameter. Before you roll the dough for making a chapatti, heat medium high a flat heavy iron pan. Lift the chapatti and transfer it to hot pan. Let it cook for a minute or so and in the meantime start rolling another chapatti. When you see small bubbles popping up and are golden brown on flipping, let other side get cooked and you see more bubbles. Then you check for brown discolored designs. Now flip again and cook and note puffing and in few seconds the chapatti is done. One can use tongs to flip and transfer hot chapatti. Apply vegetable oil or ghee on one side. Serve warm or store in insulated container or in a layered neat kitchen cloth. Warm later and eat. It goes very well with vegetables, beans, meat, egg curries and soups.

BAKING POWDER BISCUITS

Andrea Wiebe

2 cups flour

1 Tbsp sugar

1/2 tsp salt

3 tsp baking powder

1/3 cup margarine

1 cup milk

Grated cheese (optional)

Mix first 4 ingredients. Add margarine and mix till grainy. Add milk and cheese. Turn onto floured surface and knead about 3 times. Pat flat and cut. Bake on lightly greased cookie sheet about 15 minutes at 400°F. This serves well with beef stew.

*There is no elevator to success.
You have to take the stairs.*

YORKSHIRE PUDDING

Andrea Wiebe

1 cup flour
2 eggs

1 cup milk

This recipe works best if your eggs and milk are warm or at room temperature. Have some oil in each muffin tin, approximately 1/2 to 1 teaspoon. Place in preheated 425°F oven to warm the oil for a couple of minutes. Quickly add the beaten batter. Cook for approximately 30 minutes or till golden brown. This makes 12. May need to double recipe. Tastes great with roast beef and gravy.

STROMBOLI

Wendy Sirois

1 loaf frozen bread dough
1/2 cup ham, chopped
1 cup mozzarella cheese

3 green onions, chopped
Pinch Italian seasoning
Red pepper flakes

Thaw bread dough. Roll out into rectangle. Spread with mozzarella cheese, then ham and green onions. Sprinkle with Italian seasoning and red pepper flakes. Roll up starting on long end. Place seam side down on a cookie sheet. Bake for 1 hour at 350°F. Slice and eat hot or cold.

CRUNCHY CROUTONS

Dr. Judy Klassen

2 or 3 slices bread
Oil to cover the bottom of a fry
pan (use a thin layer of canola
oil - olive oil might burn)
Crushed garlic (a couple cloves)

Savory spices such as oregano,
poultry seasoning, cayenne,
parsley, basil and some
season salt

Cut the bread into cubes and spread on a dinner plate. Put in microwave for about 2 minutes. Check once in awhile as these can burn. Remove from microwave and let dry for a few minutes. If still not crunchy return to the microwave again for a minute. When the cubes are dry, heat oil in the pan and add crushed garlic to cook for awhile. Then add the bread cubes and quickly stir to coat the cubes a little. They don't need to be fully covered with oil. Toss with the spices, let cool and top your salad with some. Keeps in the fridge for several days. The trick to crunchy croutons is making sure the bread is sufficiently dry. Frying or baking the bread cubes does not work quite so well as this. The secret is using the microwave which removes more moisture from the bread than these other techniques. You can use up stale bread and limit your salt intake with these croutons.

ITALIAN BREAD WEDGES

Margaret Wiebe
Poppy Lowe

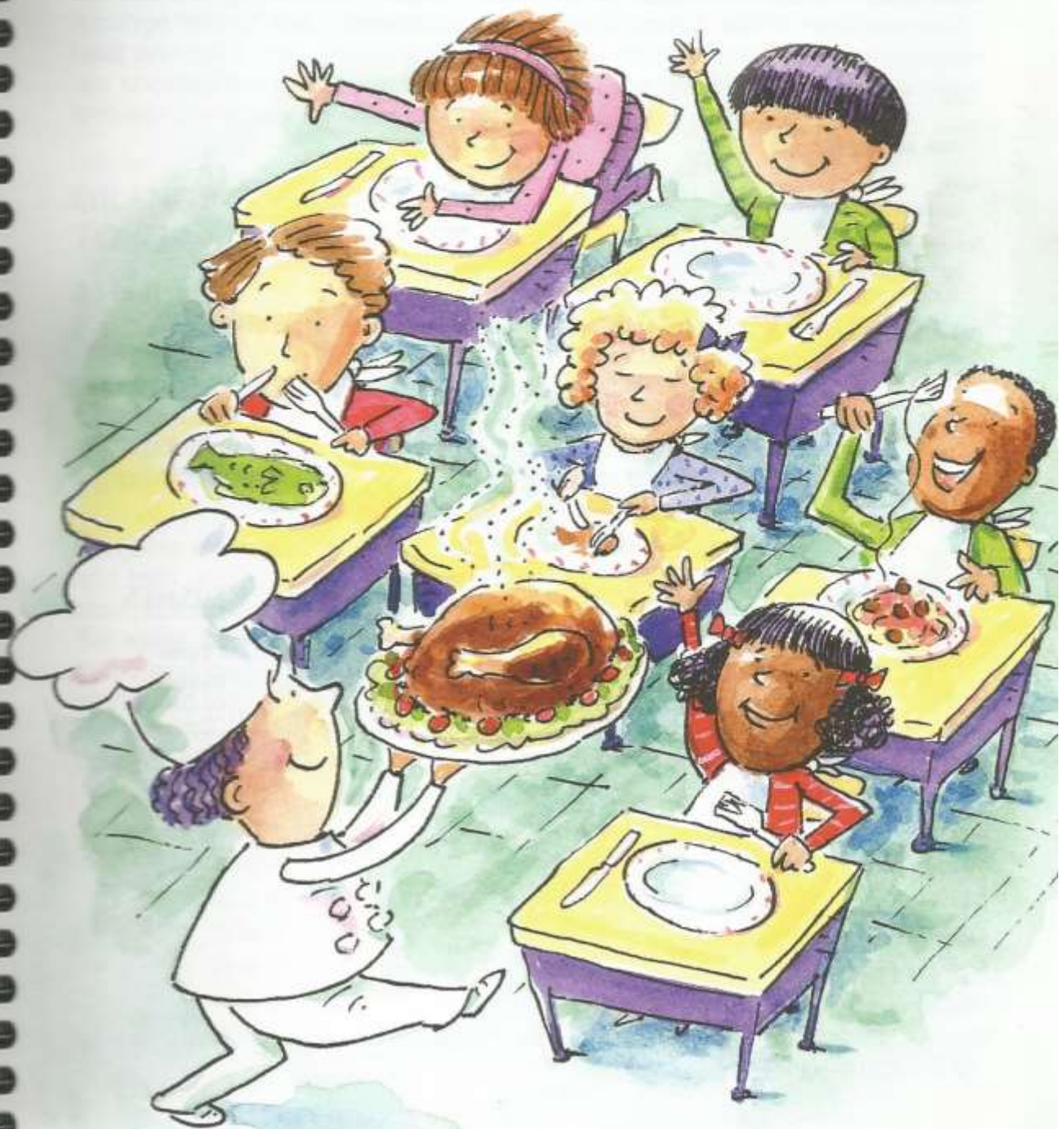
1 cup warm water
1 tsp sugar
2 tsp yeast
2 1/2 cups flour
1/4 cup oil
1 tsp salt

Dash salt and pepper
1/4 tsp oregano
1/4 tsp garlic powder
1/3 cup Italian salad dressing
Grated mozzarella cheese
Parmesan cheese

Dissolve sugar in water; add yeast. Let rise 10 minutes. Add to flour, oil and salt. Knead. Add flour when sticky. Form a ball, cover and let rise for 30 to 45 minutes. Spread dough on pizza pan. Spread dressing on dough. Mix spices in bowl and sprinkle over dough. Top with mozzarella and Parmesan cheeses. Bake at 425°F for 15 to 20 minutes. My kids love dipping these in pasta sauce. (Option: Poppy uses 1 tablespoon yeast, 2 tablespoons oil for dough and adds 1/4 teaspoon thyme for seasoning and bakes at 450°F.)

EXTRA RECIPES

Main Dishes



TIMETABLE FOR ROASTING MEAT & POULTRY AT 325°F

- Roast uncovered with no liquid added.
- Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs)	Approximate Time Required to Roast (Hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4 to 6	2 to 2 ½ (rare) 2 ½ to 3 ½ (medium) 2 ¾ to 4 (well done)	140° 150° 170°
Veal roasts	3 to 5	2 to 3 ½ (well done)	180°
Lamb roasts	3 to 5	2 to 3 (medium) 2 ¼ to 3 ¼ (well done)	145° 170°
Pork loin roasts	4 to 6	2 ¼ to 3 ½ (well done) 3 ½ to 4 (well done)	180° 185°
Ham, cook before eating	5 to 7	2 ½ to 3 ½	170°
Ham, fully cooked	2 to 7	1 ½ to 2	130°
Chicken, broilers or fryers, stuffed	1 ½ to 2 ½ 2 ½ to 4 ½	1 to 2* 2 to 3 ½	185°
Turkey roasters, stuffed	8 to 12 12 to 16 16 to 20 20 to 24	3 ½ to 4 ½* 4 ½ to 5 ½ 5 ½ to 6 ½ 6 ½ to 7	185°

* Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° to 375°	30 to 60
Macaroni & Cheese	350° to 375°	25 to 45
Lasagne	350° to 375°	30 to 45
Meatloaf	350°	60 to 90
Meat Pie	400°	25 to 30
Casseroles	350° to 375°	25 to 40
Scalloped Potatoes	350°	50 to 60
Quiche	375° to 400°	35 to 45
Pizza	400° to 425°	20 to 30

MAIN DISHES

SPICY CHIPOTLE POTATO QUESADILLAS

Dr. J.E. Kappel

1 Tbsp olive oil
1/2 cup chopped onion
2 baked or boiled medium
potatoes, coarsely mashed

1 to 1 1/2 tsp chopped canned
chipotle chile in adobo
Freshly ground pepper
4 (10 inch) flour tortillas

In a large skillet heat the oil over medium heat. Add the onion and cook until softened. Add the potatoes and stir in the chipotle and pepper. Spread a layer of potato mixture evenly over each tortilla and fold in half. Arrange two of the quesadillas in a large nonstick skillet over medium heat and cook until lightly browned on both sides. Keep warm while you are cooking the remaining quesadillas. Cut the quesadillas into quarters and serve warm with salsa and guacamole.

ORANGE-GLAZED TOFU AND ASPARAGUS

Dr. J.E. Kappel

2 Tbsp mirin
350 g pkg extra firm tofu, cut into
1/4 inch strips
1/3 cup orange juice
1 tsp sesame oil
1/4 tsp Asian chili paste
1 garlic clove, minced

8 oz thin asparagus, trimmed
and cut into 1 1/2 inch lengths
1 Tbsp cornstarch
2 Tbsp Braggs gluten free soy
sauce
1 tsp sugar
2 Tbsp canola oil
1/2 tsp minced ginger

Combine mirin and cornstarch in a small bowl and mix well. Add the tofu and toss gently to coat. Set aside to marinate for 30 minutes. In a small bowl, combine orange juice, soy sauce, sesame oil, sugar and chili paste. Set aside. In a large skillet, heat the canola oil over medium heat. Add the garlic and ginger and stir fry until fragrant, about 30 seconds. Add the marinated tofu and brown slightly. Add the asparagus and stir fry until just tender. Stir in the sauce and cook for about 2 minutes. Serve over basmati rice. Serves 4.

Life is too short to be little.

TOFU FILLET WITH CORNMEAL CRUST *Dr. J.E. Kappel*

**1 1/2 cups unbleached
all-purpose flour
1 tsp dried thyme
1 tsp dried oregano
1/2 tsp ground pepper
2 Tbsp Dijon mustard**

**Canola oil for frying
1/2 cup coarse cornmeal
1 tsp dried basil
1 tsp paprika
1 cup soy milk
350 g pkg extra firm tofu**

In a bowl, mix together the flour, cornmeal, thyme, basil, oregano, paprika and ground pepper. In a separate bowl, whisk together soy milk and mustard. Cut the tofu into eight 1/2 inch slices. Heat oil in sauté pan. Dip tofu into milk mixture then dredge in flour mixture. Add tofu to hot oil and brown on each side. Serve with tartar sauce - mix vegan mayonnaise (Vegenaise brand the best) and relish.

PORTOBELLO FAJITAS

Dr. J.E. Kappel

**2 Tbsp olive oil
1 large red onion, thinly sliced
3 large portobello mushroom
caps, cleaned and cut into 1/4
inch strips
1 Serrano or other hot chile,
seeded and minced**

**1/2 red, yellow and green pepper,
cut into 1/4 inch strips
1/4 tsp ground cumin
1/4 tsp dried oregano
Salt and freshly ground pepper
6 (10 inch) tortillas, warmed
Salsa and guacamole**

In a large skillet heat the oil over medium high heat. Add the mushrooms, onion, the red, yellow and green peppers, chile, cumin and oregano. Cook until seared and slightly softened, about 5 minutes. Stir occasionally. Add salt and pepper to taste. To assemble the fajitas, place one tortilla on a work surface. Spread with some of the mushroom mixture; add some salsa and roll up tightly. Repeat and serve immediately with more salsa and guacamole.

*Learning is a treasure that will
follow its owner everywhere.*

STRATFORD'S SWEET VEGETARIAN CHILI

Lisa Neufeld

19 oz can chickpeas, drained
and rinsed
19 oz can red kidney beans,
drained and rinsed
28 oz can tomatoes with herb
and spices
10 oz can corn kernels, drained
2 carrots, peeled and diced
2 large cloves garlic, minced
1 large onion, finely chopped

1 cup ketchup
1/4 cup liquid honey (if too
sweet, reduce by 2 Tbsp)
3 Tbsp chili powder
1/2 tsp cayenne powder
1 green pepper, diced
1 red pepper, diced
1 yellow pepper, diced
Sour cream
Cheddar cheese, grated

In a slow cooker, combine chickpeas, kidney beans, tomatoes, corn, carrots, garlic and onion. In a bowl combine ketchup, honey, chili and cayenne powders. Mix well and pour into slow cooker. Stir mixture to combine. Cover and cook on low for 8 to 10 hours or high for 4 to 6 hours until hot and bubbly. Add green, red and yellow peppers and cook on high for an additional 20 to 25 minutes. Serve in bowls with a dollop of sour cream and grated cheese. (Option: Use 2 cups dried beans, soaked, cooked and drained.) (Time Saver: Assemble the night before and refrigerate overnight in slow cooker stoneware.)

FETTUCCHINE ALFREDO

Dr. J.E. Kappel

1 Tbsp extra virgin olive oil
1 small onion, chopped
1 Tbsp dry white wine or
vegetable broth
4 oz soft silken tofu, drained
1 Tbsp mellow white miso paste
1 lb fettuccine

1/2 tsp salt
Pinch cayenne
1/3 cup blanched almonds
2 Tbsp fresh parsley, minced
1 1/2 cups soy milk
Grated vegan Parmesan cheese

Heat the olive oil in a small skillet over medium heat. Add the onion, cover and cook until softened. Stir in the wine or broth. Set aside. Finely grind the almonds in a blender or food processor. Add the onion mixture and process until smooth. Add the tofu and miso and process until blended. Add 1 cup soy milk, salt and cayenne and process until smooth. Slowly add as much of the remaining 1/2 cup soy milk as necessary until a sauce-like consistency is achieved. Transfer to a medium size saucepan over low heat and heat gently. Cook the fettuccine until al dente. Drain, add the sauce and toss. Sprinkle with parsley and Parmesan when on serving plates. Serves 4.

MEXICAN PASTA

Dr. J.E. Kappel

1 lb uncooked fettuccine or
linguine
2 cups chopped onion
1/2 cup minced mild green chile
pepper such as Anaheim or
poblano
2 cloves garlic, minced
1 1/2 tsp dried oregano

1 cup drained and rinsed canned
black beans
1 Tbsp chopped cilantro
1 Tbsp extra virgin olive oil
2 cups chopped green pepper
1 tsp chile powder
2 cups chopped tomatoes
1/2 cup corn kernels

Heat oil in a nonstick skillet over medium heat. Add onions and peppers; cook, stirring frequently, 2 to 3 minutes. Add the garlic, chili powder, oregano, tomatoes, beans and corn. Cook, stirring, for about 10 minutes. Meanwhile, prepare the fettuccine or linguine and when done, mix with the sauce. Add the cilantro and serve. Serves 6.

MEXICAN CHILI

Michelle Rindall

1 1/2 lb stewing beef, cut into 1
inch cubes
1 cup each red and green
peppers
1 cup chopped red onions
2 cloves minced garlic
3 cups beef broth
1 1/2 cups salsa
19 oz can tomatoes
1 1/2 Tbsp chili powder

1 1/2 tsp each cumin and
oregano
1 tsp coriander
1/2 tsp black pepper
1 can black beans, drained and
rinsed
1 can red kidney beans, drained
and rinsed
1/4 cup chopped fresh cilantro
2 Tbsp lime juice
1 Tbsp honey

Brown beef in large soup pot. Add peppers, onions and garlic. Reduce heat to medium and cook 4 to 5 minutes. Add broth, tomatoes, salsa and pepper. Add spices. Bring to a boil, reduce heat and simmer, covered, for 1 1/2 hours, stirring occasionally. Add beans and simmer for 15 minutes. Remove from heat. Stir in cilantro, lime juice and honey.

*Happiness adds and multiplies
as you divide it with others.*

CURRIED LENTILS

Norma Nordquist

2 fresh tomatoes
1 large sweet potato, peeled
2 tsp curry powder
2 tsp ground cumin
1/4 cup smooth peanut butter
2 cups vegetable broth

1 small cauliflower, cut into
florets
540 mL can lentils, drained and
rinsed
1 cup coarsely chopped cilantro
(may substitute parsley)

Chop tomatoes and sweet potato. Then coat a large saucepan with vegetable oil; heat on medium. Add curry and cumin. Stir for 1 minute. Add tomatoes and stir often until they start to break down, 4 to 6 minutes. Stir in peanut butter and broth. Bring to a boil, then add sweet potato. Cover and reduce heat. Boil gently, stirring often, until almost soft, about 10 minutes. Then stir in cauliflower and lentils. When it comes to a boil, cover and stir often until cauliflower is tender, 5 to 10 minutes. Stir in cilantro.

Note: This recipe can be made without the peanut butter. Just decrease the vegetable broth to 1 1/2 cups, but the dish will lack the creaminess that the peanut butter gives it.

VEGETABLE STEW

Helena Harder

1 Tbsp olive oil
1 large onion, chopped
1 medium leek, cleaned and
sliced
2 cloves garlic, minced
2 1/2 tsp curry powder
1 tsp fresh ginger, peeled and
minced
1 cup butternut squash, peeled
and cubed
1/2 cup zucchini, sliced 1/2 inch
thick
3 cups vegetable broth

1 1/2 cups eggplant, peeled and
cubed
2 carrots, peeled and chopped
1 celery stalk, chopped
1/3 cup currants
3 Tbsp tomato puree
1/3 cup canned chickpeas,
rinsed
1/3 cup cooked fava or lima
beans
2 tsp fresh lemon juice
1/4 tsp salt
1 1/2 tsp lemon zest, grated

Heat oil in large pot and add onion, leek and garlic. Sauté until onion is translucent, about 3 to 5 minutes. Add curry powder and ginger and sauté until fragrant. Stir in the squash and zucchini. Add enough of the broth to cover the vegetables; simmer for 10 minutes. Add remaining broth, eggplant, carrots, celery, currants and tomato puree. Simmer, partially covered, until the vegetables are tender, approximately 20 to 25 minutes. Stir in the chickpeas and beans, lemon juice and salt. Cover and cook until heated through, 3 to 5 minutes. Before serving sprinkle with lemon zest. Serve stew over bed of couscous or rice.

VEGETABLE LASAGNE

Martha Chipak

1/2 cup butter
1/2 cup onion, minced
1 Tbsp garlic, minced
1/3 cup flour
1/2 cup dry white wine
4 cups milk
1 bay leaf
3/4 tsp salt
1/4 tsp ground pepper
Pinch nutmeg
Pinch ground cloves
1 Tbsp butter, melted
1 lb lasagne noodles, cooked

15 oz container ricotta cheese
8 oz pkg mozzarella cheese,
shredded
1/2 cup Parmesan cheese, grated
2 (10 oz) pkg frozen chopped
spinach, thawed and squeezed
dry
1 lb carrots, shredded and
blanched 1 minute in boiling
water
1/2 cup Romano cheese, grated
1/4 cup plain dry bread crumbs

To make white wine sauce, melt 1/2 cup butter in large saucepan over medium heat; add garlic and onion. Cook until onion is translucent, about 5 minutes. Add flour and cook, stirring constantly, for 2 minutes. Stir in white wine and milk. Add bay leaf, nutmeg and cloves. Bring to a boil, stirring. Reduce heat and simmer, stirring occasionally, for 10 minutes. Discard bay leaf. Preheat oven at 400°F. Brush 9x13 inch pan with melted butter. Cover bottom of pan with layer of noodles. Spread 1 cup of sauce over top, dot with ricotta cheese, then 1/3 of mozzarella and Romano cheeses, spinach, carrots and 2 tablespoons Parmesan cheese. Repeat layers. Top with fourth layer of noodles, spread with remaining sauce and sprinkle with Parmesan and bread crumbs. Bake, uncovered, 40 to 45 minutes until top is golden. Makes 12 servings.

SPINACH PIE

Diane Shendruk

1/4 chopped onion
2 to 3 crushed garlic cloves
1 Tbsp olive oil
1/4 cup chopped red pepper
2 pkg frozen spinach, drained
well
2 eggs
1 pkg cream cheese

1/4 to 1/2 cup crumbled feta
cheese
1 Tbsp salt
2 Tbsp fresh dill or crushed dry
dill
8 phyllo pastry sheets
1/4 cup butter, melted

Brown together onion, garlic, oil and red pepper. In large bowl mix cheeses, spinach, salt, dill and browned ingredients. Layer phyllo sheets individually in pie shell, brushing each layer with melted butter. Pour in spinach mixture and fold phyllo over top, brushing each layer with melted butter. Bake in preheated oven at 450° for 1 hour.

TOASTED AVOCADO SANDWICH

Lorne Sperling

When avocados are ripe, mash and flavour with garlic cloves (using a garlic press if you have one), salt and lemon juice. Put on a toasted buttered English muffin. The avocado sandwich spread can be frozen in small containers and the color will stay green when lemon juice is added.

GARDEN PASTA PIE

Martha Chipak

1 Tbsp olive oil
1 cup chopped onion
4 garlic cloves, minced
3 cups cooked linguine
1/4 cup chopped fresh parsley
1 Tbsp fresh lemon juice
1 1/2 tsp dried oregano
1 1/2 tsp dried basil
Pinch salt

1/4 tsp freshly ground black pepper
1 cup part-skim ricotta cheese
1/4 cup grated Parmesan cheese
1 large egg, lightly beaten
2 medium tomatoes, cored and sliced
1 1/2 cups sliced zucchini
1 1/2 oz shredded part-skim mozzarella cheese

Preheat oven to 375°F. Spray 8 inch springform pan with nonstick cooking spray; set aside. In small nonstick skillet, heat oil; add onion and garlic. Cook over medium high heat until onion is translucent, 3 minutes. Transfer onion to medium bowl. Add linguine, parsley, lemon juice and 1/2 teaspoon each oregano and basil. Add pepper and salt to taste and toss well. In small bowl, combine ricotta, 2 tablespoons of the Parmesan cheese, the egg and remaining oregano and basil; stir into linguine mixture until blended. Place half the linguine mixture in prepared pan. Arrange half the tomato and zucchini slices on top. Add remaining linguine mixture. Top with remaining tomatoes and zucchini; sprinkle with mozzarella and remaining Parmesan. Cover with foil; place on baking sheet and bake 35 minutes. Remove foil; bake until golden, 5 minutes longer. Let stand 10 minutes before cutting. Makes 6 servings.

*Action may not always bring happiness,
but there is no happiness without action.*

RAVIOLI BAKE

Melissa Threlfall

1 jar pasta sauce
1 can diced tomatoes, undrained
1/2 cup water
2 (450 g) pkg frozen cheese
ravioli

2 cups Kraft 4 cheese Italiano
shredded cheese
2 Tbsp Parmesan cheese

Heat oven to 400°F. Mix pasta sauce, tomatoes and water. Spoon 1 cup onto bottom of baking dish. Layer half the ravioli and 1 cup shredded cheese over sauce mixture. Top with remaining ravioli and sauce mixture. Sprinkle with remaining shredded cheese; cover and bake 30 minutes. Uncover and bake 15 minutes or until ravioli is tender and heated through. Sprinkle with Parmesan. Let stand 10 minutes.

ITALIAN BAKED PENNE

Angie DelleCurti

1 1/2 cups your favorite meat
sauce (your own or
store-bought)
1/2 cup ricotta cheese

1 to 1 1/2 cups mozzarella
cheese
Parmesan cheese
500 g dried penne

Cook penne until half done and drain. In a medium casserole dish, coat bottom with some sauce. Pour half of penne into dish; cover with more meat sauce and half of ricotta and cheese mixture. Pour on rest of penne; top off with rest of sauce and cheese. You can add more or less sauce and cheese depending on your taste. Bake, covered, at 325°F for 30 minutes and uncovered for 5 minutes to brown top. (Option: Buy Kraft Italian cheese mixture already grated.)

LASAGNE

Tracey Collins

1 lb ground beef
1 onion, chopped
1/2 cup sliced mushrooms
1 jar Catelli diced tomato and
basil sauce
1/2 tsp cinnamon

Shake basil
Shake oregano
Lasagne noodles, cooked
Mozzarella and cheddar
cheeses, shredded

Brown ground beef, onion and spices. Add mushrooms and then toss with sauce. Simmer for 15 minutes. Line an 11x7 inch pan with noodles. Spread half of hamburger mixture over noodles and sprinkle with cheese. Repeat layers. Cook at 350°F until cheese is slightly brown and lasagne is bubbling, approximately 30 minutes. Let stand 10 minutes. Serve with caesar salad and garlic toast if desired.

EASY MEAT MANICOTTI

Deanna

8 oz pkg manicotti pasta
1 lb lean ground beef
1 1/2 cups cottage cheese
2 cups shredded mozzarella
cheese

1/2 cup grated Parmesan cheese
2 egg whites
1/2 tsp dried oregano
32 oz jar spaghetti sauce
1/2 cup chopped onion

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and cool; reserve. Meanwhile, in a large skillet brown beef and onion on medium heat. Drain and cool. Preheat oven to 350°F (175°C). Combine beef, cottage cheese, 1 cup mozzarella cheese, Parmesan cheese, egg white and oregano. Mix well. Stuff shells with mixture. Lightly grease a 9x13 inch baking dish. Pour enough spaghetti sauce in dish to cover the bottom. Place stuffed noodles in the dish. Cover with spaghetti sauce and top with the remaining 1 cup mozzarella cheese. Bake in preheated oven for 50 minutes.

EASY STUFFED MANICOTTI

Roxanne Kroeker

1 pkg manicotti shells
1 lb ground beef
1/2 cup onion, chopped
1 jar spaghetti sauce (I like garlic
healthy choice)

14 pieces string cheese
1 1/2 cups shredded mozzarella
cheese

Cook manicotti according to package directions. Meanwhile in a large skillet, fry beef and onion until no pink remains in beef. Drain if needed. Stir in spaghetti sauce. Spread 1/2 sauce mixture into 9x13 inch baking dish. Drain manicotti; stuff each with a piece of cheese. Place over sauce in dish. Top with remaining sauce. Cover and bake at 350°F for 25 to 30 minutes or until heated through. Sprinkle with mozzarella. Bake another 10 minutes until cheese is melted.

*If you cannot do great things, you can
at least do small things in a great way.*

EASY MANICOTTI FLORENTINE

Martha Chipak

- | | |
|---|--|
| 1 cup frozen chopped spinach
(1/2 of a 10 oz pkg), thawed
and drained | 1/4 tsp freshly ground black
pepper |
| 1 cup low fat (1%) cottage
cheese | 2 cups low sodium tomato sauce |
| 1/2 cup part-skim ricotta cheese | 6 oz uncooked jumbo manicotti
shells (about 8 shells) |
| Dash salt | 2 1/4 oz shredded part-skim
mozzarella cheese |

Preheat oven to 375°F. In large bowl, combine spinach, cottage and ricotta cheeses, salt and pepper until blended. Pour 1 cup of the sauce and 1/4 cup water into an 11x7 inch baking pan; spread to make an even layer. With teaspoon, stuff each shell with an equal amount of the cheese mixture; place in baking pan. Pour remaining tomato sauce evenly over the top. Cover with foil; bake until shells are tender, about 50 minutes. Uncover; sprinkle with mozzarella cheese. Bake about 10 minutes longer, until cheese is melted and bubbly. Makes 4 servings.

SPINACH RICOTTA MANICOTTI

Orla Braun

- | | |
|------------------------------|---|
| 12 uncooked manicotti shells | 15 oz carton ricotta cheese |
| 1/4 cup butter, cubed | 10 oz pkg frozen chopped
spinach, thawed and squeezed
dry |
| 1/4 cup flour | 1/2 cup Parmesan cheese |
| 1/2 tsp pepper | 1/2 tsp oregano |
| 1/4 tsp salt | |
| 1/4 tsp ground nutmeg | |
| 3 cups 2% milk | |

Cook manicotti. For sauce melt butter. Stir in flour, pepper, salt and nutmeg until blended. Gradually whisk in milk. Bring to boil. Cook and stir 1 to 2 minutes until thickened. In small bowl combine ricotta cheese, spinach and oregano and add 1/2 cup of sauce. Stuff manicotti with mixture. Spread 1/2 cup sauce into a greased 13x9 inch baking dish. Top with stuffed manicotti. Pour remaining sauce over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 25 to 30 minutes.

*Life can only be understood backward,
but it must be lived forward.*

CHICKEN MUSHROOM LINGUINI

Leesa Konecnik

- | | |
|--|--|
| 1 skinless, boneless chicken breast, chopped | 2 Tbsp liquid chicken base or to taste |
| 6 to 8 fresh button mushrooms, chopped | 1 cup shredded cheese of your choice |
| 1/2 medium onion, chopped | 500 g linguini |
| 2 Tbsp butter | 2 green onions, chopped |
| 2 Tbsp flour | 1/2 fresh tomato, chopped |
| 4 cups skim milk | Shredded cheese for garnish |

Cook pasta. Meanwhile in a medium saucepan heat a small amount of oil and stir fry onion and chicken until onion is clear and chicken cooked. Add chopped mushrooms and fry until cooked. Remove to small bowl and set aside. In the same saucepan melt butter and add flour, mixing until well combined. Slowly add milk until sauce made. Add chicken mixture; stir to combine and continue stirring occasionally until thickened. Add chicken base to taste and cheese and serve over pasta. Sprinkle with tomato, cheese and green onion. (Option: Replace chicken breast with 4 thighs.)

PASTA WITH BACON AND TOMATO

Ghenet Adhanom

- | | |
|--|------------------------------|
| 2 lb small sweet tomatoes | 1 lb pasta |
| 6 slices rindless smoked bacon | 1 Tbsp olive oil |
| 4 Tbsp butter | Salt and pepper |
| 1 onion, chopped | Freshly grated Romano cheese |
| 1 garlic clove, crushed | to serve |
| 4 fresh oregano sprigs, finely chopped | |

Blanch tomatoes in water. Drain, skin, seed and roughly chop tomatoes. Dice bacon. Melt butter in a pan; add bacon and cook until golden. Add onion and garlic and continue to cook over medium heat for 5 to 7 minutes until softened. Add tomatoes and oregano to the pan and season with salt and pepper. Lower the heat and simmer gently for 10 to 12 minutes. Cook pasta in water and oil until al dente. Spoon bacon and tomatoes over pasta and sprinkle with cheese. Serve.

*Do not go where the path may lead, go instead
where there is no path and leave a trail.*

LEMON SPAGHETTI

Sandy Knezacek

500 g spaghetti
Olive oil
4 cloves garlic, finely chopped
or pressed
1/2 tsp crushed red pepper
flakes
Juice of 1 lemon
3/4 cup whipping cream
1 to 1 1/2 cups Parmesan
cheese, grated

Handful flat leaf parsley,
chopped (you can find it at
Superstore)
2 to 3 boneless chicken breasts,
cut into small pieces (like for a
stir fry)
2 sweet peppers, cut into bite
size pieces
15 to 20 mushrooms, sliced
1/4 cup reserved pasta water
Juice from 2 lemons for zestier
sauce (optional)

Prepare all ingredients first and have them on the counter as this can go fast once you are started. You need a very large skillet with high sides. Cook chicken in skillet with olive oil; add garlic, crushed pepper flakes, mushrooms and peppers. Cook at medium heat until they are softened. Meanwhile cook spaghetti to al dente. Add reserved pasta water, lemon juice and whipping cream to skillet. Bring to a boil and then turn down heat. Add 3/4 cup cheese; stir to melt. Drain spaghetti; add to skillet. Add remaining cheese and parsley. Mix well and let sit for a few minutes to allow spaghetti to soak up sauce. Serve. If skillet not large enough you can add sauce to drained spaghetti in pot. Keeps well and is good heated up in microwave the next day. Can freeze in Tupperware container. Defrost in fridge, then heat up in microwave. You can leave out chicken to make it vegetarian. Goes well with Boursin and naan.

PRIMAVERA PESTO PASTA

Melissa Threlfall

300 g (1/3 of 900 g pkg)
fettuccine, uncooked
1 cup diagonally cut up fresh
asparagus (1 inch lengths)
1/2 cup (1/2 of 250 g tub) herb
and garlic cream cheese
spread

1/2 cup vegetable broth
1/4 cup Kraft extra virgin olive oil
pesto Parmesan dressing
1/2 cup frozen peas, thawed,
drained
2 green onions, sliced
2 Tbsp chopped fresh basil

Cook pasta in large saucepan as directed on package, adding asparagus to the boiling water in the last minute. Meanwhile, heat large skillet on medium heat. Add cream cheese spread, broth and dressing; cook until sauce begins to thicken, stirring constantly. Stir in peas and onions and cook 2 minutes, stirring occasionally. Drain pasta mixture. Add to sauce mixture; mix lightly. Cook 1 minute or until heated through. Top with basil. Can add chicken breast pieces.

CHICKEN FLORENTINE

Jennifer Larson

2 (10 oz) pkg frozen drained
chopped spinach
4 lb (about) chicken
breast/thighs
2 cans condensed cream of
mushroom soup
1 cup mayonnaise
1 cup sour cream
2 cups grated cheddar/marble
cheese

2 Tbsp lemon juice
6 to 8 cups cooked drained pasta
Salt, pepper, onion salt, garlic, to
taste
Topping:
1/2 cup grated Parmesan cheese
1/2 cup bread crumbs
2 Tbsp butter

Heat spinach in microwave. Drain and pat dry. Put spinach in a large bowl to cool. Cook chicken and cut or shred to bite size pieces. While you are doing that start your water to boil for the pasta. In another bowl, mix the mayonnaise, soup, sour cream, lemon juice, seasonings and 1/2 of the cheese. Pour over chicken and spinach. Add pasta and mix well. Pour mixture into large, greased casserole dish. Sprinkle remaining cheese on top. Mix butter (softened) with Parmesan and bread crumbs. Sprinkle mixture on top. Bake at 350°F for 30 to 45 minutes until top is brown and sides are bubbly. Let cool for 5 minutes and serve.

FETTUCCINE WITH SPINACH PESTO

Sheila Clancy

12 oz fettuccine
Coarse salt and ground pepper
10 oz pkg frozen chopped
spinach, thawed
1/3 cup Parmesan cheese plus
more for serving

2 Tbsp pine nuts plus more for
serving
1 clove garlic
1 tsp grated zest plus 2 Tbsp
juice from 1 lemon
1/4 cup olive oil
1/4 cup water

Cook pasta in a large pot of boiling salted water until al dente. Reserve 1/2 cup pasta water. Immediately drain pasta and return to pot. While pasta is cooking, place spinach, Parmesan, nuts, garlic, lemon zest and juice in a food processor. Process until a paste forms. With motor running, add oil and water. Process until smooth and creamy, about 1 minute. Season with salt and pepper. Add to pasta; toss, adding reserved pasta water, a little at a time, until sauce is thinned slightly and coats fettuccine. (You may not need additional water at all.) Serve sprinkled with additional Parmesan and nuts if desired. Serves 4.

CHEESY TUNA NOODLE CASSEROLE

Melissa Threlfall

3 cups frozen vegetable blend
with broccoli, carrots,
cauliflower
1 pkg Kraft Dinner macaroni and
cheese
3/4 cup skim milk

1/4 cup Kraft Zesty Italian
dressing
2 cans chunk white tuna in
water, drained
1 cup cheddar shredded cheese

Preheat oven to 375°F. Place vegetables in colander in sink. Cook Kraft Dinner as directed on package. Pour cooked macaroni over frozen vegetables in colander to drain and quickly thaw vegetables. Return macaroni and vegetables to same saucepan. Add cheese sauce mix, milk and dressing; mix well. Add tuna and 1/2 cup of the cheese; mix well. Spoon into a round casserole dish; cover with foil. Bake 35 minutes or until heated through. Uncover and top with remaining cheese. Bake an additional 3 to 4 minutes or until cheese is melted.

CRAB AND SPINACH STUFFED PASTA SHELLS

Melanie Burwell

12 jumbo pasta shells, slightly
cooked
2 Tbsp oil
1 large onion, chopped
Salt and pepper, to taste
1 box frozen chopped spinach,
thawed and drained
1 Tbsp chopped parsley,
optional

1/2 to 1 cup ricotta cheese
12 oz crabmeat or imitation crab
Sauce:
1/4 cup dry white wine
Salt, pepper, garlic, to taste
1/2 cup Parmesan cheese
1/2 cup or more whipping cream

Saute onion in oil. Mix next 5 ingredients in bowl. Add sauteed onions. Fill pasta shells with ingredients. Place in buttered 12x8 inch pan. Mix all sauce ingredients; pour over shells. Bake at 350° for 20 to 30 minutes. You can add grated mozzarella cheese as well if you wish.

*Life isn't about finding yourself.
Life is about creating yourself.*

SEAFOOD MAC & CHEESE

Sheila Clancy

- | | |
|----------------------------------|----------------------------|
| 3 1/2 cups (1 lb) elbow macaroni | 4 cups (1 lb) mixed grated |
| 6 Tbsp butter | cheese such as Parmesan, |
| 1/2 medium onion, chopped | cheddar, Swiss and fontina |
| 1/3 cup all-purpose flour | 1/2 cup panko bread crumbs |
| 3 cups whole milk | 1/2 tsp Creole seasoning |
| 1/8 tsp ground nutmeg | Garlic |
| 1 lb coarsely chopped cooked | |
| lobster, shrimp, crawfish, | |
| crabmeat or combination | |

Preheat oven to 400°F. In a large pot of boiling water, cook macaroni 2 minutes less than al dente. Drain, rinse with cold water and set aside. While pasta is cooking, melt butter over medium in large saucepan. Transfer 2 tablespoons melted butter to medium bowl and reserve. Add onion and garlic to pan. Cook until softened, 3 to 5 minutes. Add flour; cook, stirring 1 minute. Add milk. Whisk until smooth. Bring to a boil; reduce to a simmer and cook until sauce has thickened, 2 to 3 minutes. Season with 3/4 teaspoon salt, pepper and nutmeg. Remove pan from heat. Fold in seafood, macaroni and cheese. Transfer to a shallow 4 quart baking dish. To bowl with reserved butter, add bread crumbs and Creole seasonings. Toss and scatter over macaroni mixture. Place baking dish on a rimmed baking sheet. Bake until topping is golden and sauce is bubbling, 15 to 20 minutes. Let cool 5 minutes before serving. Serves 8.

SALMON SOUFFLÉ

Verna Bloom

- | | |
|---------------|-------------------------------|
| 3 Tbsp flour | 1/2 cup milk |
| 2 Tbsp butter | 1 cup cooked flaked salmon or |
| 1/2 tsp salt | canned salmon |
| 3 eggs | |

Beat egg whites until stiff. Set aside. Melt butter. Blend in flour. Add milk slowly. Stir while cooking until smooth and thick. Add egg yolks and heat well. Add salmon. Fork in the whites of the eggs. Pour into greased casserole dish and place in pan of hot water. Bake in moderate oven until done (a knife will come out clean when soufflé is done). The oven should be hot enough to brown the soufflé well. Serves 4.

SEAFOOD CASSEROLE

Sheila Clancy

1/2 cup butter
1 large onion, diced
2 green peppers, diced
2 cloves garlic, minced
1 tsp pepper
2 cups milk
1 large can skinned tomatoes

1 lb uncooked shrimp
2 (284 mL) cans mushrooms
2 (106 mL) cans crab
1 Tbsp mustard powder
2 Tbsp Worcestershire sauce
1 cup Parmesan cheese
1/2 cup flour

Saute butter, onion, green pepper, garlic and pepper. Add flour, then slowly add milk, tomatoes, mushrooms, shrimp, crab, mustard powder and Worcestershire sauce. Simmer for 20 minutes, stirring constantly. Five minutes from end, add Parmesan cheese. Serve over pasta. Serves 8 to 10.

THAI STIR-FRY

Leesa Konecnik

3 Tbsp oil
1/2 cup shallot
1 tsp chopped hot pepper
4 cloves garlic, minced
12 oz peeled and deveined shrimp
2 cups chopped bok choy or suey choy
1 can baby corn, drained

2 Tbsp fish sauce
1 cup chicken stock
1 pkg rice noodles
1 Tbsp cornstarch
2 Tbsp water
1 cup basil leaves
Lime wedges for garnish (optional)

In a large frying pan, heat oil on medium high heat; cook onion until lightly browned. Add hot pepper and garlic; cook additional 30 seconds. Add shrimp; stir until just turning pink. Add bok choy and corn and cook for another minute. Stir in fish sauce and stock. Continue cooking, stirring occasionally, until vegetables are tender, 5 to 6 minutes. Drain. In a small bowl whisk together cornstarch with water; stir into vegetables. Return to a boil. Stir in basil. Serve over noodles and squeeze lime over top. (Option: Replace shallots with 1/4 cup chopped onion.)

Those who bring sunshine into the lives of others, cannot keep it from themselves.

TARRAGON SHRIMP AND SNOW PEAS

Joslyn Fritz
Dietitian

- | | |
|--------------------------------|---------------------------------|
| 1 lb large shrimp, shelled | 1 cup chicken broth |
| 3 Tbsp sesame oil | 2 Tbsp cornstarch |
| 1 tsp tarragon, finely chopped | 1 garlic clove, finely chopped |
| 1 Tbsp parsley, finely chopped | 1 tsp fresh ginger root, minced |
| 1 lb snow pea pods | |

Combine shrimp with 2 tablespoons oil and herbs in bowl. Cover and refrigerate for 30 minutes. Remove tips and strings from pea pods and submerge pods in boiling water for 2 minutes. Drain and set aside. Combine chicken broth, cornstarch, garlic and ginger root in a bowl. Heat a large skillet until hot using 1 tablespoon oil. Add shrimp and stir fry until pink. Stir in broth mixture and stir until thick. Stir in pea pods and cook for 2 minutes. Remove from heat and serve while hot. I made this fancy dish when I grew tarragon in my garden. I served it with pasta but it would also be nice with rice I think.

SALMON WITH HERB AND SHRIMP SAUCE

Carol Gudmundson

- | | |
|-----------------------------|----------------------------------|
| 12 oz salmon fillet | 1 Tbsp minced fresh oregano or |
| 2 tsp margarine | 1/2 tsp dried |
| 2 Tbsp flour | 1 Tbsp fresh rosemary or 1/2 tsp |
| 3/4 cup chicken broth | dried |
| 2 Tbsp lemon juice | 1/2 tsp pepper |
| 1/4 lb small shrimp, cooked | Fresh rosemary sprigs |
| | White wine |

Bake salmon in sprayed baking dish in white wine for 15 to 20 minutes. Melt margarine and add flour then broth and lemon juice. Boil 2 to 3 minutes. Add shrimp and spices. Cook 2 minutes. Add salmon juice (wine). Heat through. Place salmon on a platter; pour shrimp mixture over salmon and garnish with rosemary. Serve on a bed of rice with a side of peas or other vegetables. Excellent.

*No matter how far you have gone on
a wrong road, turn back.*

SHRIMP SCAMPI

Patti Muir

3 to 4 cloves garlic, crushed
1/4 cup butter or margarine
1/4 cup olive oil
1 lb uncooked shrimp
1/4 cup lemon juice
1/2 tsp pepper

1/4 tsp oregano
1/2 cup Parmesan cheese
1/4 cup breadcrumbs
1/4 cup parsley
Angel hair pasta or rice

Sauté garlic in butter and oil. Stir in shrimp, lemon juice, pepper and oregano. Cook while stirring for 2 to 3 minutes or until shrimp turns pink. Transfer to oven safe dish. Sprinkle with cheese, crumbs and parsley. Broil for 2 to 3 minutes until topping is golden brown. Serve over pasta or rice.

CEDAR PLANK GRILLED SALMON

Carol Gudmundson

2 (12 oz) salmon fillets (1 inch thick)
4 Tbsp olive oil
1 lemon, cut in half

4 Tbsp red onion, chopped
Fresh dill or rosemary sprigs
Coarsely ground black pepper
Coarse salt

Completely soak a cedar plank overnight in water. Preheat grill to high. Rub entire fillet with olive oil. Place plank on grill to dry it for a minute or so. Sprinkle plank with coarse salt. Place salmon on plank. Sprinkle with red onion and place on top dill or rosemary sprigs. Squeeze lemon juice over everything. Turn heat to lower setting. Cook salmon for 10 to 12 minutes with cover down, until fish flakes. Squeeze fresh lemon juice over salmon and serve.

CEDAR PLANK SALMON

Melissa Threlfall

1 salmon fillet (about 1 1/2 to 2 lb) or 1 fresh salmon (double the recipe)
1/2 cup olive oil

Juice of 1 lemon
1/2 tsp salt
1 tsp black pepper

Soak the board for several hours - for best results soak overnight (completely submerge). Combine all ingredients and marinate the salmon for a couple of hours. To grill, preheat BBQ and place plank on the grill. Sprinkle coarse salt over the wood. Heat plank for 5 minutes. Take salmon from marinade and place on board (skin side down) and cook for 20 to 25 minutes, depending on the thickness of the fillet. Lift lid and check on board during this time. Remove fillet from BBQ; squeeze fresh lemon juice on fillet and serve. If using a whole salmon, stuff cavity with lemon and onion slices.

SALMON WITH CREAMY DILL SAUCE *Roxanne Kroeker*

- | | |
|---|-----------------------------|
| 2 lb salmon fillet | 1/3 cup mayonnaise |
| 1 to 1 1/2 tsp lemon pepper | 1 Tbsp finely chopped onion |
| 1 tsp onion salt | 1 tsp lemon juice |
| 1 small onion, sliced and
separated into rings | 1 tsp prepared horseradish |
| 6 lemon slices | 3/4 tsp dill weed |
| 1/4 cup butter | 1/4 tsp garlic salt |
| 1/3 cup sour cream | Pepper, to taste |

Line a 15x10 inch baking sheet with foil and grease. Place salmon skin side down on foil. Sprinkle with lemon pepper and onion salt. Top with onion and lemon. Dot with butter. Fold foil around salmon. Seal tightly. Bake at 350°F for approximately 20 minutes. Combine the remaining ingredients until smooth. Serve with salmon. (Option: Omit butter.)

GLUTEN FREE BBQ SALMON *D'Arcy Turner*

- | | |
|-----------------------------|---------------------------------|
| 3 to 4 lb salmon filet | 1/4 cup gluten free soy sauce |
| 1 tsp black pepper | 1/4 cup mirin or white wine |
| 1 tsp garlic, minced | 2 Tbsp brown sugar, packed firm |
| 1 cup onion, finely chopped | 4 Tbsp butter |
| 1 Tbsp garlic, minced | 4 Tbsp olive oil |

Rinse salmon filet with water and pat dry. Rub filet with pepper and 1 teaspoon minced garlic. Make a tin foil "boat" to hold salmon filet with sides at least 1/2 inch. In a small saucepan with medium heat, saute onion with butter and olive oil until just starting to turn brown. Add garlic and cook for 1 minute or until aroma is starting to release. Add brown sugar, soy sauce and mirin; reduce heat and cook for about 5 minutes, occasionally stirring. Sauce will thicken. Pour hot sauce over salmon filet in foil boat and let sit at room temperature for at least 30 minutes to an hour. Then barbeque salmon filet in boat approximately 15 minutes or until done. Do not overcook.

*Worry never robs tomorrow of its sorrow,
it only saps today of its strength.*

GLUTEN FREE WRAP AND ROAST SOLE *D'Arcy Turner*

2 tsp gluten free soya sauce	1 green onion, chopped
1 tsp hot chili/garlic sauce	2 large fish fillets (try sole, tilapia or basa)
1/2 tsp bottled chopped ginger	
1/2 tsp dark sesame oil	

Place fish in a foil bowl on baking sheet. Combine first 4 ingredients and smear on fish. Sprinkle with green onion. Close foil with seam up. Bake at 450° for 8 to 15 minutes. To test doneness, touch fish fillet in centre with finger. If warm to touch then it is cooked.

A GREAT FISH DISH *Judy Walker*

1/4 cup lemon juice	2 Tbsp dill (or less if not fresh)
1/4 cup olive oil	Salt and pepper, to taste
1 Tbsp Dijon mustard	Your favorite fish
2 cloves garlic	

Whisk all ingredients together except of course the fish. Marinate for 60 minutes. Pour marinade over fish. Bake at 375° for 15 minutes.

KIM'S FALL OFF THE BONE BBQ RIBS *Lorne Sperling*

Ribs	Granulated garlic (not salt)
Few heads garlic	Pepper
2 cans beer	Sweet paprika

Simmer your rack of pork side ribs or back ribs for 45 minutes. Drain, chop a few heads of garlic and add to pan with beer. Let the ribs marinate for 2 to 3 hours. Remove from marinade and rub with spices. To cook indoors, place wire rack in bottom of roaster to keep drippings away from food. Set oven to 190°F and let cook for 4 hours. For BBQ start both burners and let heat up. Place ribs on tinfoil BarBQ buddy. Once hot turn 1 side off and place ribs on that side to cook. Cook approximately 4 hours at 190°F. In both cases lather with your favourite sauce for the last 1/2 hour of cooking.

*If you always do what interests you,
at least one person is pleased.*

DIJON PORK LOIN

Jenn Larson

1 pork loin
1 tsp coarse ground Dijon mustard
3 Tbsp Dijon mustard

1 cup sour cream
Salt and pepper
Olive oil
1/4 cup water, stock, apple juice

Heat heavy bottom lidded skillet to medium high heat. Add olive oil to coat bottom. Season pork loin. Brown both sides of pork loin. Turn down to low medium heat and cover. Cook until juices run clear. Remove from skillet. Add water, stock or apple juice to deglaze pan. Add mustards and stir. Add sour cream until desired thickness. Careful not to boil sauce. Slice pork loin thinly onto plate and pour sauce over top. Serve.

HONEY GLAZED PORK TENDERLOIN

Denise Schaan

16 oz extra lean pork tenderloin
1/2 cup soy sauce (low sodium)
2 cloves garlic, minced
1 tsp ground ginger (optional)

1/4 cup honey
2 Tbsp brown sugar
1 Tbsp sesame seeds

Trim excess fat from pork. Tie it to make it even shape. Place in a heavy plastic bag. Mix the soy sauce, garlic and ginger. Add to bag. Coat pork well. Marinate for 2 hours or overnight in refrigerator. Remove pork from marinade. Pat dry. Combine honey and sugar. Brush over pork. Coat with sesame seeds. Roast for 20 to 30 minutes at 375°F. Slice thinly and serve.

PULLED PORK SLOW COOKER STYLE

Juliette Tokar

4 lb pork roast
2 onions, sliced, divided
1 onion, chopped
5 or 6 whole cloves

2 cups water
16 oz bottle your favorite BBQ sauce
Salt and pepper

Place 1 sliced onion at the bottom of slow cooker. Stud pork roast with cloves and season with salt and pepper. Place roast in slow cooker on top of the sliced onion. Cover with the second sliced onion and add enough water to fill slow cooker 2/3 of the way. Cover and cook on low 8 to 12 hours. Remove roast. Remove and discard cloves, bone and fat as well as any water, onions and grease remaining in pot. When pork roast is cool enough to handle, use a fork or your fingers to pull it apart until the entire roast is shredded. Return the pulled pork to the slow cooker. Mix in the chopped onion and BBQ sauce and cover. Heat on high for 1 to 3 hours or until the onions are soft. Serve on large crusty buns, thinly sliced raw onion and pickled banana peppers (optional). Serve with coleslaw.

PULLED PORK SANDWICHES (My Brother Tony's Recipe)

Dr. Jim Barton

1 Tbsp ground black pepper
1 Tbsp ground white pepper
1 Tbsp sugar
2 tsp cayenne pepper
2 Tbsp chili powder
1 Tbsp ground cumin
1 Tbsp garlic powder

1 Tbsp brown sugar
1 Tbsp ground oregano
4 Tbsp paprika
1 tsp dry mustard
1 Tbsp celery salt
1 Tbsp salt

Ask your butcher for the best Boston butt/shoulder roast for pulled pork. Trim all the excess fat (be anal to get even the smallest pieces). Rub the meat liberally with the mix, wrap with plastic wrap and leave in the fridge overnight. Remove wrap; place in aluminum cooking tray. Mix equal parts water, apple juice, olive oil and Jack Daniels, enough to cover up to the bottom third of your roast. Cover with a thick barbeque foil, sealing the edges around the aluminum tray. Barbeque at 220°F for 10 hours or until internal temperature of the roast is 170°F. Remove from pan and let stand 20 minutes. Take the remaining liquid from the pan and reduce in a saucepan until moderately thick (your preference). After meat has stood, place on your cutting board and pull apart using two forks (look up pulled pork on You Tube for the technique). Taste for seasoning; add more dry rub and mix in if needed. I serve it on a fresh ciabatta bun, with a slice of havarti. Use the reduced sauce as a dipping sauce.

BAR-B-Q PORK

Linda Lichtenwald

Pork roast
1 large onion, sliced

2 Tbsp Worcestershire sauce
1 bottle barbeque sauce

Place pork roast in crockpot. Add onion and Worcestershire sauce. Add water to cover. Crock on low all day (at least 12 hours) or on high 6 to 7 hours. Remove roast, discarding cooking water. Save onions. Fork shred pork, discarding any fat and bones. Return shredded meat and onions to crockpot. Dump a bottle of your favourite barbeque sauce over it and crock an hour or so on low until heated thoroughly. Serve on heated buns.

*Grandfather had a farm, his son has a
garden and his grandson has a can opener.*

BARBECUE PORK BURGERS

Lisa Neufeld

1 1/2 lb ground pork
1 small red onion, minced plus
slices for serving
3/4 cup barbecue sauce

Coarse salt and pepper
Vegetable oil
4 soft onion rolls, cut
horizontally

Heat grill to medium high. In a medium bowl, place pork, minced onion, 1/4 cup barbecue sauce, 1 teaspoon salt and 1/4 teaspoon pepper. Mix very gently with a fork to combine, being careful not to overwork meat, which would make the burgers dense. Gently form meat into 4 equal patties, 1 inch thick. With thumb, make a deep indentation in the center of each (this helps keep the burgers flat while grilling). Moisten a folded paper towel with oil, grasp with tongs and rub over grates. Season burgers with salt and pepper. Grill until cooked throughout, about 5 to 8 minutes each side. Serve on onion rolls (toasted if you like) with sliced onion and remaining barbecue sauce.

ROSEMARY BRINED PORK CHOPS

Alisa Funk

4 bone-in loin pork chops (each
about 1 inch thick)
Extra virgin olive oil
Brine:
3 Tbsp kosher salt
3 Tbsp light brown sugar
1 cup hot water

2 cups cold water
2 Tbsp extra virgin olive oil
2 Tbsp balsamic vinegar
1 tsp freshly ground black
pepper
3 whole branches fresh
rosemary

Brine: In a medium bowl combine the salt and sugar. Pour hot water into the bowl and whisk to dissolve the salt and sugar. Add cold water along with the remaining brine ingredients.

Place the pork chops in a large Ziploc bag and pour in the brine. Press the air out of the bag and seal tightly. Turn the bag to distribute the brine, place the bag in a bowl and refrigerate for 4 to 6 hours. Remove the pork chops from the bag and pat dry with paper towels. Discard the brine. Lightly brush or spray both sides of the chops with oil. Allow standing at room temperature for about 20 minutes before grilling. Sear the pork chops over direct high heat for 6 minutes, turning once halfway through grilling time. Continue grilling over indirect medium heat until the juices run clear, 6 to 8 minutes.

ROSEMARY PORK CHOPS

Sandy Knezacek

5 or 6 bone-in pork chops
Olive oil
Salt and pepper

Dry rosemary
Crushed dry chili

Line large baking pan with parchment paper. Pan should be big enough to lay out pork chops in single layer. Brush each pork chop with olive oil, season with salt, pepper, dried rosemary and a few crushed chili flakes. Turn pork chops over and repeat on other side. Add a few tablespoonfuls of water to pan. Bake in preheated 400°F oven for about 40 to 45 minutes (depends on thickness of the pork chops). I like to serve with roasted peppers, seasoned potatoes and garlic bread.

DICED PORK AND CASHEWS

Wendy Sirois

5 oz pork tenderloin
1 tsp soy sauce
1 tsp cooking sherry
Dash sugar
3/4 cup green pepper
3/4 cup celery
3/4 cup parboiled sliced carrots
2 to 3 Tbsp oil

1 cup raw cashews
Salt and pepper, to taste
Gravy:
2 tsp cornstarch
1 tsp sugar
2 tsp soy sauce
1/4 cup water

Dice pork into 1/2 inch cubes. Marinate with the salt, pepper, soy sauce, cooking sherry and sugar. While meat is marinating, dice green pepper, celery, carrots and onion into same size as meat. Heat oil at medium high heat. Brown cashews, stirring constantly. Remove from pan and set aside. Add meat with marinade to hot pan and cook until done. Combine meat, cashews and chopped vegetables in a casserole pan. For gravy, mix cornstarch, sugar, soy sauce and water; pour on top. Cover and bake at 350°F for 30 minutes. Serve over rice.

Vacation: the period when those rainy days for which a person saves usually arrive.

PINEAPPLE PORK STIR FRY

Orla Braun

8 oz can unsweetened pineapple	1/2 tsp ground ginger
3 Tbsp cornstarch	1/8 tsp cayenne pepper
1 Tbsp plus 1/2 cup cold water	2 Tbsp canola oil
3/4 tsp garlic powder	4 cups fresh broccoli flowerettes
1 lb pork tenderloin, cut in small chunks	1 cup fresh baby carrots
1/2 cup soya sauce	1 small onion, cut into wedges
3 Tbsp brown sugar	Hot cooked rice

Drain pineapple reserving 1/4 cup juice; set aside. In a small bowl combine 2 tablespoons cornstarch, 1 tablespoon water, garlic powder and 1 tablespoon reserved pineapple juice. Pour into large resealable bag; add pork. Seal bag and turn to coat. In another small bowl combine soya sauce, brown sugar, ginger, cayenne, remaining water, cornstarch and reserved pineapple juice until smooth; set aside. Stir fry pork in 1 tablespoon oil until no longer pink. Remove and keep warm. Stir fry vegetables in 1 tablespoon oil until tender. Stir cornstarch mixture and add to vegetables. Bring to boil and cook 2 minutes until thickened. Add pork and pineapple and heat through. Serve with rice.

SWEET & SOUR RIBS

Bev Vinish

1 cup ketchup	2 Tbsp soya sauce
1/4 cup vinegar	Salt and pepper
1 cup brown sugar	2 Tbsp cornstarch
2 Tbsp mustard	Ribs, cut, boiled and drained
2 cups water	

Mix ingredients minus ribs; bring to a boil and add drained boiled ribs.

BBQ SAUSAGE

Margaret Wiebe

3/4 cup minced onion	Pinch Tabasco sauce
1 1/2 cups ketchup	1 1/2 tsp Worcestershire sauce
2 cups water	1/2 cup celery
1 1/2 tsp mustard	3 lb or 2 coils farmer sausage,
1 cup white sugar	sliced

Brown sausages; put sauce mixture into roaster. Add sausages. Check the sauce - if it is too thick add more water. Bake for 1 to 2 hours at 300°. Serve with potatoes or rice.

LUAU RIBS

Carol Gudmundson

5 lb pork back ribs
1/2 tsp seasoning salt
1/4 cup brown sugar
2 Tbsp cornstarch
1 tsp ginger
1/2 tsp salt
1/4 tsp garlic powder

1 cup crushed pineapple with juice
1/2 cup ketchup
1/4 cup red wine vinegar
1 Tbsp soy sauce
1/8 tsp hot pepper sauce

Line a large rimmed baking sheet with nonstick foil. Place ribs in a single layer; sprinkle both sides of ribs with seasoned salt. Bake at 350°F, uncovered, for 30 minutes. Meanwhile prepare sauce. Combine brown sugar, cornstarch, ginger, salt and garlic powder in a saucepan. Stir in pineapple with juice, ketchup, vinegar, soy sauce and hot pepper sauce. Bring to a boil, stirring constantly. Boil 1 to 2 minutes. Baste ribs with half of sauce. Continue baking for 75 to 90 minutes, basting occasionally with remaining sauce. Cut into serving pieces. There is enough sauce for 2 racks of ribs.

GLUTEN FREE BBQ SAUSAGE

D'Arcy Turner

1 cup diced onion
1 cup celery, chopped
2/3 cup ketchup
1/2 cup water
2 Tbsp gluten free Worcestershire sauce
2 Tbsp vinegar

4 Tbsp brown sugar or maple syrup
2 tsp dry mustard
1/2 tsp salt
1/2 tsp pepper
2 lb gluten free cocktail sausages

Bring sausage to a boil. Drain and place boiled sausage in a casserole. Saute celery and onion. Mix remaining ingredients; add to celery and onion. Boil until thick. Pour over sausage. Bake 1 hour at 350°. Johnsonville original breakfast sausage contains no gluten. Bring sausages to a boil as directed, drain and cut into thirds; place in casserole. You may find other gluten free sausage when shopping. I like to double the liquid and seasoning ingredients for more sauce.

*The person who rows the boat
doesn't have time to rock it.*

ZESTY ITALIAN CHICKEN

Roxanne Kroeker

4 boneless, skinless chicken breasts

1 small bottle Zesty Italian salad dressing

Shredded cheese (cheddar with herb and garlic is best)

Salt and pepper

Line square baking pan with foil and spray with Pam. Place chicken in pan and season with salt and pepper. Pour dressing over chicken. Bake at 350°F, uncovered, for 1 to 1 1/2 hours until chicken is done. Sprinkle with cheese and pop into oven until cheese is melted. This dish goes well with pasta or rice noodles or egg noodles. Serve with vegetable stir-fry.

JULIE'S HONEY CHICKEN

Angela Zoerb

3 to 4 chicken breasts or thighs, skin removed (1 1/4 lb)

1/2 cup honey

4 Tbsp soy sauce

4 Tbsp ketchup

Sprinkle salt and pepper

Arrange chicken pieces in single layer in ungreased 8x8 inch casserole. Mix remaining ingredients in bowl. Pour over chicken. Cover. Bake at 350° for 1 to 1.5 hours until tender. Serves 2 to 3 people. Lots of sauce to serve over rice or potatoes.

HONEY CURRY CHICKEN

Sheila Clancy

1/4 cup Dijon mustard

1/4 cup melted butter

1/2 cup honey

1 Tbsp curry powder

4 chicken breasts (boneless, skinless)

Pinch cayenne pepper (more for spicy dish)

Mix all ingredients except chicken. Line shallow baking dish with chicken. Cover chicken with sauce. Bake, uncovered, at 350°F for 50 to 60 minutes. Serve over rice.

*It is better to be small and shine
than to be great and cast a shadow.*

EASY GARLIC CHICKEN BREASTS

Linda Lichtenwald

**1/4 cup lime juice
1/4 cup olive oil
1 Tbsp minced garlic**

**2 boneless, skinless chicken
breasts
Salt and pepper**

In a medium bowl, whisk together the lime juice, olive oil and minced garlic. Season with salt and pepper generously and add chicken, making sure it is well coated with the marinade. Marinate chicken, covered, in fridge for at least 3 hours and preferably overnight. Preheat oven to 400°F. Remove chicken from marinade and discard marinade. Arrange chicken breasts in a shallow baking pan. Season with salt and pepper. Roast for 25 to 30 minutes or until chicken is cooked through and the juices run clear when you prick it with a fork.

BUFFALO CHICKEN

Sheila Clancy

**1/3 cup all-purpose flour
2 tsp paprika
Coarse salt
8 skinless chicken drumsticks
(2 lb)
1/4 cup vegetable oil**

**1/4 cup ketchup
1 Tbsp butter, melted
2 Tbsp hot sauce
Celery sticks for serving
Better Blue Cheese Dip (see
index)**

On a rimmed baking sheet, combine flour, paprika and 1 teaspoon salt. Add chicken, toss to coat and shake off excess. In a large skillet, heat oil over medium high. Add chicken and cook, turning to brown on all sides until cooked throughout, 15 to 20 minutes. Meanwhile in a large bowl, combine ketchup, butter and hot sauce. Season with salt. Add hot chicken; toss gently to coat. Serve with celery sticks and dip. Serves 4.

MANDARIN CHICKEN

Diane Smith

**4 skinless chicken breasts
1 can mandarin oranges,
undrained**

**1 Tbsp brown sugar
1 Tbsp cornstarch
Johnie's garlic seasoning**

Brown chicken breasts. Remove from pan. Puree oranges and juice in blender; add dry ingredients. Add garlic seasoning to your taste. Blend together then heat in pan used to cook chicken till thickened. Return chicken to pan. Simmer 5 to 10 minutes. Serve with rice and tossed salad.

GARLIC CHICKEN

Tristan Tkachuk

1/2 cup melted butter
5 cloves minced garlic
1 tsp Worcestershire sauce
Juice of 1 lemon

1/2 cup fine bread crumbs
1/3 cup Parmesan cheese
4 boneless chicken breasts

Melt butter; saute garlic over low heat and add Worcestershire sauce and lemon juice. Combine bread crumbs and Parmesan in a bowl. Dip chicken in the butter mixture, then into the bread crumbs. Heat oven to 350°. Place in a baking dish and pour remainder of butter mixture over pieces. Bake, covered, for 30 minutes. Remove cover and bake until golden brown.

LIME GRILLED CHICKEN

Alisa Funk

1/2 cup fresh lime juice (2 large limes)
1/2 cup vegetable oil
2 Tbsp honey
1 tsp thyme

1 tsp rosemary
1 garlic clove, crushed
2 whole chicken breasts, skinned

Marinate chicken breasts. Grill.

SLOW COOKER BBQ CHICKEN

Leesa Konecnik

1 1/2 tsp salt
1/8 tsp pepper
1 Tbsp paprika
1/2 tsp garlic salt
1/2 cup flour
1 cup ketchup

1/2 cup water
1/3 cup vinegar
1/2 cup brown sugar
1 Tbsp Worcestershire sauce
1 cup onion, chopped

Coat chicken with first 5 ingredients. Put into slow cooker. Mix the remaining ingredients and pour over chicken. Cook on high until done about 4 hours or bake at 350°F for 2 to 2 1/2 hours.

CHICKEN OR PORK ADOBO

Rita Celestino

12 pieces chicken thighs or 1 pkg pork cubes
1 head crushed garlic
1/4 cup vinegar

1/2 cup soy sauce
1 tsp ground pepper
Dash sugar

Combine all ingredients. Let boil covered. Take lid off and continue cooking until chicken or pork is cooked and most of the liquid has evaporated. If too sour add dash of sugar, otherwise omit.

CROCKPOT CHICKEN WITH BLACK BEANS & CREAM CHEESE

Judy Timmerman

4 to 5 boneless chicken breasts (frozen)	15 oz can corn, drained
15 1/2 oz can black beans, drained	15 oz jar salsa (any kind)
	8 oz pkg cream cheese

Put frozen chicken breasts into a crockpot. Add beans, salsa and corn. Cook on high for 4 to 5 hours or until chicken is cooked. Add cream cheese (just throw it in on top) and let sit for 1/2 hour. Enjoy.

GARLIC AND CHIVE CHICKEN

Sandy Knezacek

4 boneless chicken breasts	Whole garlic head (unpeeled)
1/2 lemon with zest	1/2 cup flour
1/4 cup olive oil	1/4 cup chives
Salt and pepper	1/4 cup butter

Preheat oven to 400°F. Wrap garlic head in foil and bake in oven till garlic is soft, approximately 1/2 hour. Mix lemon zest, lemon juice, olive oil, salt and pepper in small bowl. When garlic is soft add to bowl and whisk together. Season 1/2 cup flour with salt and pepper. Coat each piece of chicken with flour. Preheat large flat frying pan (does not need to be nonstick) with some olive oil. Brown chicken on both sides. Remove chicken from pan. Add the garlic mixture and bring to a boil; put chicken pieces back in pan. Simmer till chicken is cooked through. This takes about 1/2 hour; sauce will thicken. Remove chicken to serving tray when cooked. Add butter and chives to pan; remove from heat. Pour over chicken when butter is melted. I like to serve with roasted asparagus and rice. You could also serve with plain pasta or roasted potatoes.

SANTE FE CHICKEN

Melissa Threlfall

1 1/2 cups instant white rice (uncooked)	1/4 cup chopped cilantro
1 can black beans, rinsed	4 small boneless, skinless chicken breasts
1 yellow pepper, chopped	1/2 cup salsa
1 can condensed cream of chicken soup	1 cup Kraft Tex Mex shredded cheese
1 soup can water	

Heat oven to 400°F. Combine rice, beans and peppers in a 9x13 inch baking dish. Mix soup, water and cilantro; pour over rice mixture. Top with chicken and salsa. Bake 35 minutes or until chicken is done. Top with cheese; bake 10 minutes or until melted.

CATALINA CRANBERRY CHICKEN

Melissa Threlfall

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|---|--|
| 4 lb bone-in skinless chicken pieces (breasts and/or thighs) | 1/2 cup Kraft Catalina dressing |
| 1 can whole berry cranberry sauce | 1 envelope onion soup mix |

Heat oven to 350°F. Place chicken in baking dish. Mix remaining ingredients and pour over chicken. Bake 50 minutes or until chicken is done.

CHEDDAR CHICKEN

Sandy Knezacek

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|--|-------------------------------------|
| 2 or 3 boneless chicken breasts | 2 Tbsp flour |
| Fresh broccoli | 1 cup milk |
| 2 Tbsp margarine | 2 cups grated cheddar cheese |

Brown chicken breasts. Heat margarine, flour and milk in microwave for 1 to 2 minutes at medium until starts to thicken. Add cheese and heat in microwave on low heat until cheese melts and sauce thickens. Don't overheat. Grease casserole; place broccoli on bottom of pan for first layer, then place browned chicken breasts and pour cheese sauce over chicken. Bake at 350°F for 45 minutes to 1 hour until chicken is cooked. Serve over rice.

CREAMY CHICKEN AND VEGETABLES

Darlene Lockwood

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|--|---|
| 10 oz condensed cream of chicken soup with herbs | 4 medium potatoes, cut in chunks |
| 2 leeks, thinly sliced (both white and green parts) | 1 1/4 cups baby carrots |
| 1 1/2 cups scallions, sliced | 1 Tbsp Dijon mustard |
| 4 whole skinless chicken legs (about 2.5 lb) | 2 Tbsp snipped dill |

Stir soup with leeks in large slow cooker until blended. Add chicken legs, potatoes and carrots. Stir to mix and coat well. Cover and cook on low 7 to 9 hours until chicken is done and potatoes and carrots are tender when pierced. Remove chicken and vegetables to serving bowl with slotted spoon. Add mustard to sauce and whisk until smooth. Stir in dill and scallions. Spoon over chicken and vegetables. Serve.

TURKEY TETRAZZINI

Jane Dutchuk

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|---|--|
| 1 cup shredded cheddar cheese | 2 cans cream of chicken or
cream of mushroom soup |
| 2 cups cooked turkey (or
chicken), chopped | 1 cup cream or milk |
| 1 medium onion, chopped | 1 tsp ground pepper |
| 1 green pepper, chopped | 1 to 2 tsp Chicken-In-A-Mug |
| 4 celery stalks, chopped | 1 tsp poultry seasoning |
| 1/2 to 3/4 box cooked linguini (or
your favourite pasta) | Parsley for garnish |

Preheat oven to 350°F. Mix together turkey, vegetables and pasta in a large casserole dish. In bowl combine soup, milk and seasonings. Pour over turkey mixture. Mix well (if it seems too thick add more milk). Spread cheese over top. Bake, covered, for 30 to 40 minutes. Serve with salad and French bread. Garnish with fresh parsley.

CHICKEN DRUMMETTES

Bev Vinish

- | | |
|-------------------|-----------------------------|
| 1 cup brown sugar | 1 pkg onion soup mix |
| 1 cup ketchup | Chicken drummettes or wings |
| 2 cups water | |

Mix ingredients together; pour over chicken drummettes in a shallow roasting pan. Cook at 350° for 1 1/2 hours. Serve with rice and vegetables for a dish children love.

SLOW COOKER CHICKEN WINGS

Juliette Tokar

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|--------------------|-----------------------------|
| 1/3 cup soya sauce | 2 minced garlic cloves |
| 2 tsp oil | 1/2 cup minced onion |
| 1 Tbsp honey | 18 to 20 chicken wing flats |
| 1 tsp ginger | |

Mix soya sauce, oil, honey, ginger, garlic and onions together. Pour over chicken wings and mix. Cook on low for 6 to 8 hours.

*A smile is a wrinkle on the face
that should never be removed.*

LEESA'S SPECIAL FRIED CHICKEN

Leesa Konecnik

Whole chicken, cut up (skinless)	1 Tbsp lemon pepper
1 to 1 1/2 pkg soda crackers	2 eggs, beaten (add 1/2 cup water)
2 Tbsp seasoning salt	Flour to dust chicken
2 Tbsp paprika	Oil to 1/2 fill small frypan
1 tsp curry powder	Your favorite spice (optional)
1/2 tsp ground thyme	

In a food processor grind soda crackers; add spices. Dust each chicken piece with flour; dip in egg mixture and coat with soda crackers. In small frypan, heat oil and fry each piece of chicken until coating is browned. Place chicken onto cookie cooling rack on rimmed baking sheet to allow oil to drip off during baking. Bake in oven at 375°F for 35 to 40 minutes until chicken is cooked.

CHICKEN FINGERS

Sandy Knezacek

6 boneless chicken breasts, cut into 3 or 4 pieces each	1 tsp dried basil flakes
3/4 cup fine bread crumbs	Salt and pepper
1/4 cup grated Parmesan cheese	1/2 cup (approx) melted margarine or butter
1 tsp dried thyme	

Mix together bread crumbs, Parmesan cheese, thyme, basil, salt and pepper in medium bowl. Dip each piece of chicken in melted margarine or butter, then coat in bread crumb mixture. Lay each piece of chicken in baking pan lined with parchment paper. You must use parchment paper. If you don't the coating will come off the chicken or it will stick (even in a greased pan). Chicken needs to be in a single layer. Bake at 400°F. It takes 45 to 60 minutes depending on your oven. Turn the chicken after about 1/2 hour. If you are making them to take to a potluck you can slightly undercook and they they will finish cooking when you reheat later and won't dry out. Serve with your choice of dip. I make honey mustard dip. Just mix equal parts honey and mustard. You can use salad dressing as dip, such as ranch or creamy poppyseed. You can make extra fingers and freeze some, then just pull out a few at a time. I also like to microwave a few fingers for a minute, then cut up and put on top of a salad. The cold and hot taste great together. You can also cut up a few fingers and add to pasta, top with cheese and bake for a great baked chicken pasta.

Variation: Instead of thyme and basil, use Greek seasoning (from Costco).

FRIED CHICKEN

Yolly Pines

- | | |
|--|----------------------------------|
| 1 frying chicken, cut into serving pieces | 2 Tbsp lemon juice |
| 1 tsp garlic, chopped | 1 Tbsp soy sauce |
| | Salt and pepper, to taste |

Cut up chicken and rinse with water. Mix chopped garlic, lemon juice, soy sauce, salt and pepper. Marinate chicken pieces in mixture and allow to stand 1 hour or more. Drain chicken and fry in deep hot oil over moderate heat until golden brown and tender. Serve hot.

CHILI CHICKEN STEW

Tristan Tkachuk

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|---------------------------------------|---|
| 3 whole chicken breasts | 2 (14 1/2 oz) cans stewed tomatoes |
| 1 cup chopped onion | 15 oz can pinto beans, drained |
| 1 medium green pepper, chopped | 1 cup picante salsa |
| 2 garlic cloves, minced | 1 tsp chili powder |
| 2 Tbsp vegetable oil | 1 tsp ground cumin |
| | 1/2 tsp salt |

Cut chicken into 1 inch pieces. Cook chicken, onion, green pepper and garlic in oil in a Dutch oven until chicken loses its pink color. Add remaining ingredients; simmer for 20 minutes. Ladle into bowl and top with cheddar cheese, green onion, diced avocado and/or sour cream as desired.

CHEDDAR CHICKEN PIE

Faye Prentice

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|---|-----------------------------------|
| 3 cups shredded cheddar cheese | 3 eggs |
| 10 oz pkg frozen broccoli, thawed, drained | 3/4 cup biscuit/baking mix |
| 1 1/2 cups cubed cooked chicken | 3/4 tsp salt |
| 1 1/3 cups milk | 1/4 tsp pepper |
| | 2/3 cup chopped onion |

In a bowl, combine 2 cups cheese, broccoli and onion; spread into a greased 10 inch pie plate. In a mixing bowl, beat milk, eggs, biscuit mix, salt and pepper until smooth. Pour over broccoli mixture (do not stir). Bake at 400° for 30 to 35 minutes or until knife comes out clean. Sprinkle with remaining cheese. Let stand for 5 minutes or until cheese is melted.

POPPY SEED POULTRY CASSEROLE

Theresa Shirley

2 1/2 cups cooked rice
1 can cream of chicken soup
8 oz container sour cream
1 Tbsp poppy seeds
1 tsp dried dill weed

4 cups cooked cubed chicken
meat
1/2 cup butter, melted
1 1/2 cups crushed Ritz crackers

Combine all but last 2 ingredients. Place in a greased casserole dish. Combine butter and crushed crackers and sprinkle over the casserole. Bake in preheated 350° oven for 30 minutes. Let cool for 5 minutes before serving with your choice of vegetables.

SPINACH CHICKEN

Norma Nordquist

4 Tbsp vegetable oil
2 to 3 chicken breasts, cubed
2 tsp ginger paste
2 tsp garlic paste
2 cups finely chopped fresh
spinach

2 medium onions, chopped
3 medium tomatoes, diced
Salt, to taste
1/2 tsp cayenne
1/4 tsp turmeric

In a saucepan heat oil. Add chopped onions and saute until golden brown. Add chicken and cook with onions. Add ginger, garlic paste and spices; saute for a minute or two. Add tomatoes and fresh spinach. Cover and cook on medium heat for 10 to 15 minutes. Serve with rice.

MINUTE RICE CHICKEN

Jane Mair

3 chicken breasts, cut in chunks
2 Tbsp olive oil
2 Tbsp no salt spice mix
3 cups broccoli

1 box chicken broth
1 cup milk
4 cups Minute Rice
1/2 cup Parmesan cheese

Cook chicken in olive oil in large skillet. Sprinkle with no salt. Cook until no longer pink. Add broccoli, broth and milk and bring to a boil. Add Minute Rice and simmer 5 minutes. Stir in Parmesan cheese. Let stand 5 minutes.

*The grass may be greener on the other
side, but it is just as hard to mow.*

ZESTY THAI STIR-FRY

Judy Walker

1 lb (500 g) boneless chicken
1 Tbsp (15 mL) canola oil
2 cloves garlic
1 Tbsp (15 mL) minced ginger root
2 cups (500 mL) snow peas
1 red or yellow pepper, sliced

1 carrot, thinly sliced
1/2 cup (125 mL) chicken broth
1/4 cup (50 mL) soy sauce
1/4 cup (50 mL) peanut butter
1 to 2 tsp (5 to 10 mL) dried crushed red pepper (optional)

Cut chicken into bite sized pieces and cut vegetables as directed. Heat oil in a large wok/skillet. Stir-fry chicken until golden. For ease and speed saute half of the chicken at a time. Add garlic, ginger root, snow peas, pepper and carrots. Combine and add chicken broth, soy sauce, peanut butter and dried red pepper. Stir-fry until chicken and vegetables are coated with sauce. Serve with spaghetti, vermicelli or rice noodles. (Note: Dried pepper makes this dish quite hot.)

PAD THAI

Judy Klassen

8 oz (227 g) rice noodles (1/4 inch wide)
2 Tbsp tamarind
1/4 cup boiling water
1/4 cup ketchup
3 Tbsp fish sauce
2 Tbsp lime juice
2 Tbsp sugar
2 tsp chili paste
1 Tbsp soy sauce

1/4 cup vegetable oil
1/4 lb (125 g) tofu
2 beaten eggs
3 cups bean sprouts
1/2 cup chopped peanuts
3 green onions, sliced
1/2 cup fresh coriander leaves
1/4 cup chopped red pepper
3 cloves crushed garlic

Cover rice noodles with sufficient boiling water for 7 minutes, then drain. Combine tamarind with boiling water (1/4 cup) to soften and press through a sieve, discarding seeds. Add ketchup, fish sauce, lime juice, sugar, soy sauce and chili paste. Heat oil in pan and fry red pepper and then add garlic. Can add some chicken and/or shrimp for nonvegetarians. Add tofu and cook for a couple of minutes. Make a well in center. Add egg; let it set then stir to scramble. Add noodles, bean sprouts, peanuts and sauce. Fry for 5 minutes. Top with green onions and coriander leaves.

SMOOTH PEANUT BUTTER SAUCE

Mariatu Sesay

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|--------------------------------------|------------------------------------|
| 1 small jar peanut butter | Green or red pepper |
| 1 small onion | 2 cups water |
| 1 to 2 fresh tomatoes | 1 to 2 tsp tomato paste |
| Beef, chicken, fish | 1 chicken bouillon cube |
| 2 sweet potatoes or regular potatoes | 1/2 cup mixed veggies, optional |
| | Garlic (fresh or powder), optional |

Cut up meat or chicken and wash up. Add pinch of salt and bit of garlic to meat in a bowl. Let marinate for 15 to 20 minutes (you can cook without marinating). Cut up onions, tomatoes and peppers and place into blender. Add blended mixture to meat in a pot with water. Cook for 15 to 20 minutes on medium heat, covered. Add 6 tablespoons peanut butter and allow to cook for 15 minutes longer (you may need to uncover halfway to avoid spillover). If desired add more peanut butter for thicker sauce. Add mixed veggies if desired. Boil potatoes separately and add to sauce. Lastly add tomato paste and chicken bouillon. Cook for 5 to 10 minutes on medium high heat. (Option: Add hot pepper or replace the bell pepper with hot.)

KUNG PAO CHICKEN

Mike Flynn

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|--|-------------------------------|
| 1 lb skinless, boneless chicken breast halves, cut into chunks | 1 oz hot chile paste |
| 2 Tbsp white wine | 1 tsp distilled white vinegar |
| 2 Tbsp soy sauce | 2 tsp brown sugar |
| 2 Tbsp sesame oil, divided | 4 green onions, chopped |
| 2 Tbsp cornstarch dissolved in 2 Tbsp water | 1 Tbsp chopped garlic |
| | 8 oz can water chestnuts |
| | 4 oz chopped peanuts |

To make marinade, combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil and 1 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes. To make sauce, in a small bowl combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil, 1 tablespoon cornstarch/water mixture, chile paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. In a medium skillet, heat sauce slowly until aromatic. Meanwhile, remove chicken from marinade and saute in a large skillet until meat is white and juices run clear. When sauce is aromatic, add sauteed chicken to it and let simmer together until sauce thickens. Original recipe yield: 4 servings.

EASY CHICKEN AND CHEESE ENCHILADAS

Jocelyn Korpan

1 can Campbell's condensed cream of chicken soup (regular, 98% fat free or Healthy Request)
1/2 cup sour cream
1 cup salsa
2 tsp chili powder

2 cups chopped cooked chicken
1/2 cup shredded Monterey Jack cheese
6 (6 inch) flour tortillas, warmed
1 small tomato, chopped
1 green onion, sliced

Stir the soup, sour cream, salsa and chili powder in a medium bowl. Take 1 cup of the soup mixture and mix with chicken and cheese in a large bowl. Divide chicken mixture among the 6 tortillas. Roll up the tortillas and place seam side up in 2 quart shallow baking dish. Pour remaining soup mixture over the filled tortillas. Cover baking dish. Bake at 350°F for 40 minutes or until enchiladas are hot and bubbling. Top with tomato and green onion.

CHICKEN FAJITAS OR QUESADILLAS

Sandy Knezacek

1 chicken breast, chopped into bite size pieces
1 to 2 bell peppers (any color), sliced thinly
1 onion, sliced thinly
Salt and pepper, to taste
1 pkg fajita spice mix

1 fresh tomato, chopped for garnish
Shredded cheese
Lettuce, shredded for garnish
1 jar of favourite spicy salsa
1 pkg tortilla wraps

I like to make chicken fajitas one night and quesadillas the next. For fajitas, stir fry chicken and onion until chicken is almost done. Add pepper and stir fry until soft. Season with salt, pepper and fajita spice. You can buy fajita spice from the Mexican or spice section of your grocery market. Make sure your ingredients are fairly small as you will be wrapping them in the tortillas. Put some shredded cheese on half of your tortilla and microwave for approximately 20 seconds; add your stir fry mixture, tomato, lettuce and salsa and roll up your tortilla to eat. For quesadilla, lay out a few tortillas on a baking sheet lined with parchment paper. Brush both sides with a bit of oil (I use olive oil). Lay toppings on half the tortilla - shredded cheese, chicken mixture and tomatoes (the chicken mixture should be microwaved for a minute or 2 first). Fold over the tortilla. You can use a toothpick to keep closed. Bake at 400°F until tortilla is crisp, about 5 to 10 minutes. Cut into wedges and enjoy with salsa or a salad.

TORTILLA PIE

Sheila Clancy

4 (10 inch) flour tortillas
1 Tbsp olive oil plus more for pan
1 medium onion, chopped
1 1/2 tsp ground cumin
1/4 tsp red pepper flakes
Coarse salt and ground pepper
4 Tbsp tomato paste
1 lb ground beef

3 cloves garlic, minced
10 oz pkg frozen corn kernels
3 packed cups loose baby spinach, torn into pieces (about 5 oz)
2 cups shredded Monterey Jack cheese
Fresh cilantro sprigs for garnish
Sour cream (optional)

Preheat oven to 400°. Using a paring knife, trim tortillas to fit 9 inch springform pan (use removable bottom of pan as a guide). Lightly oil bottom and sides. Set aside. In a large skillet, heat oil over medium. Add onion, cumin and red pepper flakes. Season with salt and pepper. Cook until onion has softened, 3 to 5 minutes. Stir in tomato paste. Raise heat to medium high; add beef and garlic. Cook, breaking up meat with a spoon, until no longer pink, 4 to 6 minutes. Add corn and spinach; stir until spinach has wilted, about 2 minutes. Place one tortilla in the prepared pan. Spreading evenly, top with 1 1/2 cups beef mixture, then 1/2 cup cheese. Repeat with 2 more layers. Top with last tortilla and sprinkle with remaining 1/2 cup cheese. Bake pie until top is lightly browned, 15 to 20 minutes. Run knife around edge of pan; remove sides. Using 2 wide metal spatulas, lift pie from bottom of pan and transfer to a cutting board. Cut into wedges. If desired serve with cilantro and sour cream. Serves 4.

QUICK TACO BAKE

Linda Dyck

1 lb ground beef
1/2 cup chopped onion
1 envelope taco seasoning mix
15 oz can tomato sauce
15 oz can whole kernel corn, drained

2 cups shredded cheddar cheese
2 cups Bisquick mix
1 cup milk
2 large eggs

Brown hamburger and onion and spoon into ungreased 9x13 inch pan. Stir in seasoning mix (dry), tomato sauce and corn. Sprinkle with cheese. Mix together Bisquick, milk and eggs until well blended. Pour over meat mixture. Bake at 350° for 35 minutes or until golden.

TACO CASSEROLE

Jane Mair

1 lb ground beef
1 can tomato soup
1 cup chunky salsa
1/2 cup milk

1/2 cup uncooked instant rice
1/2 cup crushed tortilla chips
1/2 cup shredded cheddar cheese

Cook beef in 10 inch skillet over medium high until well browned, stirring to break up lumps. Pour off fat. Stir soup, salsa, milk and rice into skillet. Spoon mixture into 1 1/2 quart casserole. Cover. Bake at 400°F for 25 minutes. Stir. Arrange chips around edge of casserole. Sprinkle with cheese.

THE BEST SWEET AND SOUR MEATBALLS

Deanna

1 lb ground beef
1 egg
1/4 cup dry bread crumbs (or crushed crackers)
1 onion, diced

1 cup packed brown sugar
3 Tbsp all-purpose flour
1 1/2 cups water
1/4 cup distilled white vinegar
3 Tbsp soy sauce

In a medium bowl, combine the ground beef, egg, bread crumbs and onion. Mix thoroughly and shape into golf sized balls. In a large skillet over medium heat, gently brown the meatballs and set aside. In a large saucepan, combine the brown sugar, flour, water, white vinegar and soy sauce. Mix thoroughly. Add meatballs and bring to a boil. Reduce heat and simmer, stirring often, for 30 minutes.

GRANDMA'S HAMBURGER AND CORN DISH

Margaret Dunlop

1 lb hamburger
1 onion, chopped
1 1/2 tsp salt
Dash pepper
1/8 tsp oregano
1/8 tsp garlic powder
1/8 tsp thyme

1/2 bay leaf
2 heaping cups cooked noodles
1 cup whole kernel corn
1 can tomato soup
1 cup water
1/2 cup grated cheese

Brown hamburger, onion and spices. Add noodles, corn, soup and water. Put into a casserole dish. Top with grated cheese. Bake at 350°F for 30 minutes. Yield: 10 servings.

VEGGIE MEAT LOAF

Sheila Clancy

2 medium carrots
1 stalk celery
1 small onion
250 mL beef broth or water
15 mL dried parsley

1 egg, beaten
1 tsp salt
1/2 tsp pepper
500 g lean ground beef
1/4 cup bread crumbs

Place carrots, celery and onion in container of food processor or blender. Process with on/off action until finely chopped. Combine veggies and 1/2 broth in fry pan. Stir. Cook over medium heat 7 minutes until veggies are tender crisp. Combine in mixing bowl the remaining broth, bread crumbs, parsley, egg, salt and pepper. Add veggies and ground beef. Mix thoroughly. Form into firm loaf 5 cm thick. Place in a shallow baking dish large enough for juices to drain away from meat loaf. Bake in 350°F oven 50 minutes until meat is no longer pink. Remove from oven; immediately place meat loaf on platter so fat will not be absorbed. Serves 6.

GLAZED MEATLOAF

Roxanne Kroeker

2 eggs, beaten
2/3 cup milk
1 1/2 cups cheddar cheese,
shredded
1 cup saltines, crushed (about
30)
1 cup carrots, shredded
1/2 cup onion, finely chopped

1/2 tsp salt
1/4 tsp garlic powder
1/4 tsp pepper
2 lb ground beef
1/2 cup packed brown sugar
1/2 cup ketchup
2 Tbsp Dijon mustard

In a large bowl combine eggs, milk, cheese, saltines, carrots, onion, salt, garlic powder and pepper. Crumble beef over mixture and mix well. Shape into a loaf. Place on a foil lined pan or a 9x13 inch baking dish. Bake, uncovered, at 350°F for 1 hour 20 minutes. For glaze, in a small saucepan bring brown sugar, ketchup and mustard to a boil. Reduce heat and simmer, uncovered, for 3 to 5 minutes or until heated through. Spoon over meatloaf. Bake 10 to 15 minutes or until meat is no longer pink.

*No matter what your lot in life
may be, build something on it.*

MEATLOAF

Norma Friesen

2 lb ground beef
2 eggs
1 1/2 cups bread crumbs
3/4 cup ketchup
1 tsp Accent

1/2 cup warm water
1 pkg Lipton onion soup mix
8 oz tomato sauce
2 strips bacon (optional)

Mix all ingredients except tomato sauce. Put in loaf pan. Pour tomato sauce over all. Bake at 350°F for 1 hour. Optional to use bacon strips on top.

PHILLY CHEESE STEAK

Roxanne Kroeker

1 boneless beef round steak,
trimmed of fat and cut into thin
strips (about 2 lb)
2 medium onions, sliced
10 oz can consommé soup or
beef broth
1 container teriyaki sauce

Garlic powder
2 large green peppers, cut into
thin strips
6 slices American or havarti
cheese
6 hoagie buns, split

Spray 3 to 4 quart slow cooker with Pam. Marinate beef in teriyaki marinade for several hours. Place beef, drained of marinade and onions in slow cooker. Sprinkle with garlic powder. Add broth or consommé soup and stir. Cook on low for 6 to 8 hours. Twenty to 30 minutes before serving stir in peppers. Place cheese on bottom of opened buns and broil until cheese is melted and bun nicely browned. Using slotted spoon, spoon beef onto cheese and top with toasted bun. Enjoy!

ROULADEN

Heather Crossman

Several slices thin round steak
Chopped onion
Long thin carrot slices
Raw bacon, cut in half

Mustard
Dill pickles, cut thinly lengthwise
Pepper
1 1/2 cups water

Lay long thin slices of round steak down on hard surface. Spread with mustard over entire surface. Sprinkle with pepper. Place layer of onion, slice of carrot, slice of pickle and piece of bacon. Roll each piece of steak tightly and tie with string. Brown each roll and add water. Simmer approximately 2 hours, adding more water if evaporates. Remove rolls and make beef gravy out of the broth. Serve with potato dumplings and red cabbage.

BEEF STEW & DUMPLINGS

Linda Dyck

- | | |
|-------------------------------------|------------------------------------|
| 1 lb lean stew meat in 1 inch cubes | 1 to 2 Tbsp Worcestershire sauce |
| 1/8 cup flour | 3 to 4 carrots, scraped and sliced |
| 3 tsp salt | 1/2 cup peas |
| 2 Tbsp shortening or cooking oil | 1 tsp celery salt |
| 1 sliced onion | 2 cups flour |
| Warm water as required | 4 tsp baking powder |
| 1 Tbsp parsley | 1 tsp salt |
| | 1 cup milk |

Shake cubed meat in bag with flour and salt until coated. Heat oil in saucepan or pressure cooker and saute meat and onion until onion is tender. Add warm water to cover meat. Add other ingredients, except last 4 ingredients, and bring to a boil. Then reduce heat and simmer 1 1/2 to 2 hours, stirring occasionally, adding extra water if necessary. If using a pressure cooker do not dredge meat in flour, otherwise proceed as above, cooking in pressure cooker with rocker moderately rocking for 15 minutes (or as directed in cooker manual). Let pressure fall of its own accord, then mix 1/2 cup flour into 1 1/2 cups water and add to stew while still bubbling; stir as it thickens. For dumplings measure dry ingredients into bowl. Make hole in centre; add milk all at once and mix until ingredients are damp. Drop lumps of dough by tablespoonfuls on top of simmering stew. Cook, uncovered, 10 minutes then covered for 10 minutes. Serve immediately.

BEEF BOURGUIGNON

Jane Dutchuk

- | | |
|--|-------------------------------|
| 3 lb stewing beef or chopped thick sirloin steak | 1 tin consommé soup |
| 2 medium onions, sliced | Salt and pepper, to taste |
| 2 minced garlic cloves | 2 bay leaves |
| 2 cups dry red wine | 2 cups sliced fresh mushrooms |

Place onions on bottom of clay baker or roaster (clay baker works best). Arrange meat on top. Bake at 400°F for 1 hour. Reduce oven to 350°F. Add garlic, wine, soup, salt, pepper and bay leaves. Cook about 1 hour. Add mushrooms, stir then cook 1 hour. Remove bay leaves. Thicken broth with cornstarch. Serve over thick egg noodles or thick pasta. Enjoy with your favourite shiraz or merlot.

BEEF BRAISED WITH ONIONS, CARROTS & GUINNESS

Sheila Clancy

2 lb boned stewing beef
2 Tbsp oil
3 bay leaves
1 large onion, sliced
2 tsp flour

1/2 cup Guinness
1/2 cup water
Salt and pepper, to taste
1/2 Tbsp chopped parsley
1 1/2 cups carrots, chopped

Trim meat and cut into convenient serving pieces. Do not make too small. Heat oil and put in bay leaves; let them crackle. Then add beef and fry on both sides. When 1/2 done add sliced onion and let it gently color to pale gold. Sprinkle flour over and let it brown. Add Guinness and water. A little more may be needed to just cover the meat. Season to taste and add parsley and carrots. Put lid on and braise in slow to moderate oven at 275° for 2 hours. Stir at least once and add liquid if dry. A St. Patrick's Day favorite with soda bread. Serves 4.

COUNTRY SLOW COOKER MUSHROOM STEW

Bev Foster

1 lb stewing beef
1 Tbsp flour
3 Tbsp olive oil
1 large onion, sliced
1 tsp dried oregano
1 tsp dried basil
2 cloves garlic, minced

4 carrots, cut into inch chunks
4 medium potatoes, cut into quarters
2 cups beef stock
1 pkg Knorr mushroom soup with real cream mix

Toss stewing beef with flour. In large skillet, heat 2 tablespoons olive oil and sauté beef, browning on all sides. Remove from pan and transfer to 6 quart slow cooker. Heat the remaining oil and sauté onion, oregano and basil for 5 minutes. Add garlic, carrots and potatoes and sauté for 5 minutes. Transfer to slow cooker. Add beef stock to the skillet and bring to a boil. Pour the stock into the slow cooker along with the soup mix. Cover and cook 6 to 8 hours or until meat is tender.

*Giving your best today is the
recipe for a better tomorrow.*

PULL-APART BEEF

Juliette Tokar

- | | |
|----------------------------------|-----------------------------|
| 6 lb boneless chuck roast (lean) | 1 Tbsp Worcestershire sauce |
| 1 stalk celery, chopped | 1 Tbsp salt |
| 1 medium onion, chopped | 1 tsp pepper |
| 1 green pepper, chopped | 1 tsp chili powder |
| 6 oz catsup | 1 1/2 cups water |
| 3 Tbsp vinegar | |

Mix all. Pour over beef in roasting pan. Cover and bake for 6 hours at 300°. Meat should be falling apart. Shred it with fork and return to juice. Serve on crisp buns. Freezes well. Serves 12 to 16.

PULLED BEEF ROAST

Sheila Clancy

- | | |
|--|---------------------------------|
| 3/4 cup root beer (not diet) | 2 tsp Worcestershire sauce |
| 1/3 cup hickory flavored
barbecue sauce | 1 tsp minced garlic |
| 2 Tbsp tomato paste | 1.4 to 1.6 kg sirloin tip roast |
| 1 Tbsp lemon juice | 2 tsp olive oil |
| 1 Tbsp grated ginger root | 1 medium onion, cut into wedges |
| | 2 Tbsp cornstarch |

To make sauce, combine root beer, barbecue sauce, tomato paste, lemon juice, ginger root, Worcestershire sauce and garlic in a small saucepan. Bring to a boil over medium high heat. Reduce heat to medium and let sauce boil gently for 2 minutes. Remove from heat. Pat roast dry with paper towel. Sprinkle with salt and pepper. Heat oil in a large skillet or Dutch oven over medium high heat. Add roast and brown on all sides. Place browned roast in slow cooker. Arrange onion wedges around roast. Pour sauce over roast. Cover with lid and cook on low for 8 hours. (If you peek, add 15 minutes to cooking time.) Remove roast and onions from slow cooker. Pour sauce into medium saucepan. Skim off as much fat as possible. In a small bowl mix cornstarch with equal water and stir until smooth. Add to sauce and bring to boil over high heat, whisking constantly, until sauce has thickened slightly. Pull roast apart with 2 forks and mix with sauce. Serve on a bun with coleslaw. Serves 8.

*Love doesn't make the world go round,
but it certainly makes the ride worthwhile.*

BRAISED BEEF SHORT RIBS

Dr. Jim Barton

- | | |
|---|--|
| 4 (8 oz) pieces bone-in beef short ribs | 1 Tbsp vinegar or red wine vinegar |
| 1 Tbsp vegetable oil | 1 Tbsp balsamic vinegar |
| 3/4 tsp fine sea salt | 20 pearl onions (5 oz) |
| 1/2 tsp black pepper | 1 1/2 Tbsp unsalted butter |
| 4 medium carrots, finely chopped | 1 Tbsp vinegar or red wine vinegar |
| 1 medium onion, finely chopped | 2 cups chicken stock or reduced sodium chicken broth (16 fl oz) |
| 2 garlic cloves, finely chopped | 4 medium carrots, cut diagonally into 1 1/2 inch pieces |
| 14 oz can whole tomatoes, pureed with juice | 3 thick bacon slices, cut crosswise into 1/4 inch pieces |
| 1 1/2 cups dry red wine | 8 medium fresh white mushrooms, trimmed and quartered lengthwise |
| 4 cups brown veal stock | |
| 2 sprigs fresh thyme | |
| 1 bay leaf | |

To prepare short ribs, put oven rack in lower third of oven and preheat oven to 250°F. Pat beef dry. Heat oil in a wide heavy pot over moderate high heat until hot but not smoking, then brown beef on all sides, turning with tongs, about 8 minutes. Transfer to a plate and sprinkle with 1/4 teaspoon sea salt and 1/4 teaspoon pepper. Add chopped carrots, onion and garlic to oil in pot and cook over moderate heat, uncovered, stirring occasionally, until softened, about 5 minutes. Stir in 1 cup pureed tomatoes (reserve remainder for another use) and bring to a boil over moderately high heat. Add wine and boil, stirring occasionally, until sauce is thickened, about 8 minutes. Add veal stock, thyme, bay leaf, vinegars and remaining 1/2 teaspoon sea salt and 1/4 teaspoon pepper to sauce and bring to a simmer. Skim fat from surface, then add beef along with any juices accumulated on plate and cover pot with a tight fitting lid. Transfer to oven and braise until beef is very tender, 4 to 5 hours. Cook vegetables while beef braises. Blanch pearl onions in a wide 2 to 3 quart heavy saucepan of boiling water 1 minute, then drain in a sieve. When just cool enough to handle, peel onions with a paring knife, trimming root end just enough to leave onions intact. Heat butter in saucepan over moderate heat until foam subsides, then cook onions, stirring occasionally, until brown spots appear, 3 to 5 minutes. Stir in vinegar, then add chicken stock and carrots and bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, 20 to 25 minutes.

Uncover and boil, if necessary, until liquid glazes vegetables. While vegetables are simmering, cook bacon in a 10 inch heavy skillet over moderate heat, stirring occasionally, until lightly browned, 4 to 6 minutes.

...Continued

Add mushrooms and cook, stirring, until mushrooms are tender and bacon is browned and crisp, about 4 minutes. Transfer with a slotted spoon to vegetables in saucepan. To assemble dish, transfer a short rib to each of 4 soup plates and keep warm in oven. Pour sauce through a medium mesh sieve into a large bowl, pressing on and then discarding solids, then skim fat from sauce. Boil sauce, if necessary, until thickened and reduced to about 3 cups. Season with salt and pepper. Add about 2 cups sauce to vegetables (reserve remaining sauce for another use), then spoon mixture around short ribs. I have made these many times, a family favorite - great in winter after cross country skiing. (Option: Replace veal stock with 1/2 cup Demi-Glace Gold concentrate (concentrate requires a dilution ratio of 1:8 - 1/2 cup concentrate to 4 cups water.)

BEEF STEAK

Yolly Pines

6 slices tender steak
1 Tbsp lemon juice
2 Tbsp soy sauce
1 tsp pepper

1/2 cup onion, sliced
2 Tbsp vegetable oil
1 tsp salt

Marinate steak in lemon juice, soy sauce, salt and pepper. Pan fry in oil until steak is cooked then remove from pan and onto serving platter. Add 1 teaspoon more of oil to pan and fry onion until tender. Pile onion onto top of steak and serve hot.

STICKY BEEF RIBS

Juliette Tokar

3 to 4 lb beef back ribs (about 8 ribs)
1/2 cup ketchup
1/2 cup honey
4 oz can green chilies, diced
1 large onion, chopped

4 cloves garlic, minced
1 tsp cayenne
1 tsp salt
1 tsp black pepper
1 tsp dry mustard

Trim excess fat from beef ribs. Combine salt, pepper and cayenne. Rub over the ribs. Preheat BBQ and prepare for indirect grilling with a drip pan. Place ribs on grill over drip pan and close the lid. Cook for about 3 to 3 1/2 hours over a medium low indirect heat (try to keep the temperature under 265°F). To prepare sauce combine onion, honey, ketchup, chili peppers, garlic and mustard in a saucepan. Heat over a low temperature, stirring until even and warm. When the ribs are nearly finished begin brushing the sauce on them until you get a thick coating.

GLUTEN FREE BULGOGI WRAPS (Korean Beef)

D'Arcy Turner

1 lb (455 g) rib-eye beef
1/4 cup (60 mL) gluten free soya
sauce
1/3 cup (80 mL) sesame oil
2 Tbsp (40 g) honey

3 cloves garlic, finely chopped
8 to 10 spring onions, finely
chopped
Pepper and salt, to taste
5 to 6 lettuce leaves

Cut the beef into thin slices. Set aside. Combine the remaining ingredients, except the lettuce, in a large bowl. Add the beef and marinate for 1 hour. Stir-fry the beef on top of the stove over medium high heat until it is cooked through, 10 to 15 minutes. Wash the lettuce leaves and place alongside the beef. Wrap the leaf around the beef and eat! Yield: 2 to 3 servings.

MOROCCAN LAMB BURGERS

Ghenet Adhanom

1 onion, coarsely chopped
1 inch piece ginger root, peeled
and chopped
2 garlic cloves
1 bunch cilantro or parsley
2 tsp cumin
2 tsp ground coriander
1 tsp ground cinnamon
4 oz pitted apricots, finely
chopped

2 lb lean minced lamb
Oil for grill
6 bread rolls
8 Tbsp mayonnaise
2 tsp harissa paste (chillies,
spices, oil and vinegar paste)
Lettuce to serve
Tomato to serve
Cucumber slices to serve

Put onion, ginger, garlic and cilantro or parsley in a food processor and process until finely chopped. Add spices, apricots, lamb and plenty of salt and pepper. Pulse until mixed but do not overmix as it is best to keep the mixture chunky. Shape into 6 burgers. Heat barbecue and cook for 4 to 5 minutes on each side. Mix mayonnaise and harissa paste (found in large supermarkets). Serve burgers on buns with lettuce, tomatoes, cucumber slices and spicy mayonnaise.

*Before you put your foot down, be
sure you have a leg to stand on.*

ASIAN STYLE GLAZED LAMB SHANKS

Carol Smith

1/3 cup all-purpose flour	284 mL can chicken broth
1 tsp salt	1/2 cup teriyaki sauce
6 lamb shanks	1 to 2 tsp hot red chilli flakes
Vegetable oil	2 tsp dark sesame oil
2 large onions	2 star anise or 2 tsp anise or fennel seeds
1/3 to 1/2 cup julienne peeled ginger	1/2 cup dried mushrooms (optional)
1 cup sherry or port or marsala	

Measure flour and salt into a large plastic bag. Pat shanks dry, place in bag one at a time and shake to coat with flour. Set each one aside and save excess flour. Lightly coat a large wide saucepan with oil and set over medium high heat. Brown shanks on all sides, 2 or 3 at a time, about 3 to 4 minutes. Slice onions in half, then into thin strips. Reduce pan heat to medium and sauté onions and ginger until soft. Add a little oil if needed. Sprinkle with reserved flour/salt and stir until evenly mixed. Gradually stir in port, deglazing pan as you go. Stir in remaining ingredients. Bring to a boil, stirring often. Return shanks to pan. Reduce temperature to medium low. Cover and simmer, turning shanks occasionally, until tender and meat is almost falling from the bones, about 3 to 3 1/2 hours. Serve with sauce drizzled over top and sides of steamed baby bok choy and Jasmine rice with peas and diced yellow capsicum. Wine match Zinfandel.

IRISH STEW

Vicky Wiley

Lamb	Flour to thicken
1/2 cup carrots	Salt and pepper, to season
1/2 cup turnips	Celery, chopped
1 onion, sliced	Potatoes, cut fine

Cut the lamb in dice using the meat from the forequarter. Cover with boiling water and cook slowly until tender. When about half cooked add carrots and turnips, cut into small pieces, and sliced onion. Fifteen minutes before serving, add potatoes, cut up fine. Thicken with flour, season with salt and pepper and chopped celery.

Found in 1923 cookbook.

Worry gives little things big shadows.

DUMPLINGS FOR STEW

Vicky Wiley

2 cups sifted flour
1/2 tsp salt

3 tsp baking powder
1 cup milk

Mix and sift the dry ingredients. Mix with the milk and drop by spoonfuls into the boiling stew. Cover tight; cook for 10 minutes. These may also be dropped on a buttered plate and cooked in a steamer over fast boiling water.

BREAKFAST ENCHILADAS

Bev Foster

2 tsp vegetable oil
1 onion, chopped
1 clove garlic, minced
1/4 cup green pepper
1/4 cup red pepper
2 cups finely chopped ham

8 flour tortillas
2 cups shredded cheddar cheese
4 eggs
2 cups milk
1 Tbsp flour
1/4 tsp hot sauce

In nonstick skillet, heat oil over medium heat; cook onion, garlic and peppers for about 5 minutes or until softened. Stir in ham. Place about 3 tablespoons onto half of each of the tortillas; sprinkle with cheese. Roll up tightly and place seam side down into greased 9x13 inch pan. In separate bowl beat eggs and blend in milk, flour and hot sauce. Pour over tortillas. Cover and refrigerate overnight or for up to 12 hours. Remove from fridge 30 minutes before baking. Spoon egg mixture over the tortillas. Bake at 350°F for 45 to 50 minutes or until egg mixture is set and knife inserted in the centre comes out clean. Sprinkle with remaining cheese; let stand 5 minutes. Makes 8 servings.

CROISSANT ROLL (Breakfast Wreath)

Brenda Trapp

2 pkg Pillsbury crescent rolls
2 eggs
1/2 cup mushrooms, chopped
1/4 cup red pepper, chopped
1/4 cup green pepper, chopped

1/4 cup onion, chopped (or green onions)
2 cups cooked ham, chopped
Salt and pepper

Combine all ingredients in a bowl except egg and crescent dough. Beat the egg and mix with vegetable-meat mixture and set to the side. Line the rim of a deep dish pie plate with the crescent dough, triangle edge to triangle edge. (Point in then point out, leaving empty space in centre of pie plate.) Dough should overlap the rim. Put the egg mixture onto crescent dough and wrap and tuck dough around the mixture forming a wreath pattern. Bake at 450°F for 45 minutes or until golden brown. Good as a late lunch item, also good served cold.

SPINACH FRITTATA

Angie DelleCurti

2 to 4 cups fresh spinach
3 to 4 large eggs
Cheddar cheese or favorite
cheese

1 onion, chopped
Garlic, to taste
Olive oil

Turn oven on broil. To a large oven safe skillet over medium heat, add olive oil and sauté onion and garlic. Add spinach until just wilted. Scramble eggs in bowl and add cheese, salt and pepper to taste. Pour over spinach and onions and stir slightly. Leave for a few minutes then put in oven. Broil for a couple of minutes. If you wish add more cheese and broil until melted. Serve. (Option: You can use frozen spinach, thawed and drained.)

MEDITERRANEAN FRITTATA

Mary Harnish

1 small cooked potato, peeled
1 green onion
1 plum tomato
8 eggs

1 tsp dried oregano
1/2 tsp garlic powder
1/4 tsp salt
1/3 cup crumbled feta

Grate potato. Thinly slice onion diagonally. Cut tomato into rounds. In a large bowl, whisk eggs with seasonings. Add potato and onion. Crumble in feta. Stir until mixed. Pour into greased 8 inch square baking dish and stir to evenly distribute ingredients. Top with tomato rounds. Bake, uncovered, in 350°F oven for 30 to 35 minutes. Let stand 5 minutes.

MICROWAVED CRUSTLESS QUICHE

Stacey Hammond

1 Tbsp butter
1 chopped onion
1 cup chopped broccoli or
asparagus
1 cup milk
4 eggs

3/4 cup biscuit baking mix
1/2 tsp salt
1/4 tsp pepper
1 can salmon or tuna, drained
1 cup grated cheese

Lightly grease a 10 inch microwave safe pie plate. Place broccoli and onion in microwave safe bowl for 5 minutes on high. Let stand for 5 minutes (cooled slightly). In another bowl beat together milk, eggs, baking mix and spices. Fold in meat, cheese and vegetables. Pour into prepared pie plate. Microwave on medium for 18 to 20 minutes or until set. Let stand 5 minutes before serving.

MAUREEN'S CRUSTLESS QUICHE

Darlene Cymbalisty

2 Tbsp butter	4 Tbsp flour
1 cup mushrooms	Pinch salt
1 small onion, chopped	4 eggs
1 cup 2% cottage cheese	2 cans flaked ham, mashed
1 cup sour cream	1 cup shredded cheddar cheese

Beat eggs; add all other ingredients except meat and cheese. Mix well. Fold in meat and cheese. Pour into a buttered 10 inch pie plate. Bake at 350°F for 45 minutes.

HAM AND CHEESE OMELET ROLL

Stacey Hammond

4 oz cream cheese, softened	2 1/4 cups Swiss cheese,
3/4 cup milk	shredded
2 Tbsp flour	2 cups cooked ham, finely
1/4 tsp salt	chopped
12 eggs	1/2 cup green onion, thinly sliced
2 Tbsp Dijon mustard	

Line bottom and sides of a greased 15x10x1 inch baking pan with parchment paper. In a bowl beat cream cheese and milk until smooth. Add eggs, flour and salt; mix until well combined. Bake at 375°F for 30 to 35 minutes or until eggs are puffed and set. Remove from pan and immediately spread with mustard and sprinkle with 1 cup Swiss cheese. Sprinkle ham and green onion. Roll up from the short side while pulling away from parchment paper. Sprinkle top of roll with the remaining cheese. Bake for 3 to 4 minutes longer or until the cheese is melted. Yields 12 servings.

EGGS IN MUFFIN CUPS

Roxanne Kroeker

12 thin slices deli roast beef or	1 doz eggs
honey ham	English muffins, toasted
6 slices Velveeta cheese	

Grease muffin cups and press the meat onto bottom and sides, forming a shell. Put an egg into each shell. Break cheese into quarters and arrange 2 pieces on top of each egg. Bake, uncovered, at 350°F for 20 to 25 minutes until eggs are set. Serve on top of toasted English muffins.

BACON OMELETTE ROLL WITH SALSA *Melissa Threlfall*

8 eggs	3 green onions, finely chopped
1 cup milk	1 tsp dried oregano leaves, crushed
1/3 cup flour	1 cup mozza-cheddar shredded cheese
1 red pepper, finely chopped	1 cup salsa, warmed
4 slices bacon, cooked and crumbled	

Heat oven to 350°F. Line cookie sheet pan with parchment paper, with ends extending over short sides of pan. Spray with cooking spray. Beat eggs, milk and flour in large bowl with whisk until well blended. Stir in next 4 ingredients; pour into prepared pan. Bake 14 to 16 minutes or until edges are almost set. Top with cheese; bake 2 minutes or until melted. Roll up omelette immediately, starting at one short end and peeling off paper as omelette is rolled. Place on platter; cut into slices. Serve with salsa.

GOOD MORNING OATMEAL *Carol Gudmundson*

3 cups water	7 oz pkg mixed dry fruit bits
1 3/4 cups apple juice	1/3 cup packed brown sugar
1 1/2 cups steel cut oats	1/2 tsp salt
1 medium pear, cored and chopped	1/2 tsp cinnamon

In a large 4 quart slow cooker, combine all ingredients. Cover and cook on low heat setting for 6 to 7 hours. To serve top with yogurt and granola. I use dried apricots, raisins and cranberries.

OVERNIGHT FRENCH TOAST *Cheryl Fransoo*

Cubed loaf French bread	1 tsp vanilla
1/2 cup flour	1 tsp cinnamon
1 1/2 cups milk	6 eggs
1/4 tsp salt	1/2 pkg softened cream cheese
1/2 tsp nutmeg	Frozen sliced strawberries or raspberries
1 Tbsp sugar	

Mix together flour, milk, salt, nutmeg, sugar, vanilla, cinnamon and eggs. Then stir in cubed French bread. Grease 9x13 inch pan and pour ingredients into pan. Spread cream cheese over top. Sprinkle fruit over top. Cover and refrigerate overnight. In the morning bake at 400° for 25 minutes, uncovered. Serve with syrup or whipped cream.

STUFF & EGG MUFFIN

Faye Prentice

**Chicken Stove Top stuffing
8 eggs**

**2 Tbsp real bacon bits
1/4 cup mozza/cheddar cheese**

Prepare Stove Top stuffing per instructions. Line 8 muffin tins about 1/4 inch thickness. Crack egg into Stove Top nest. Add bacon bits and cheese. Bake 20 minutes until yolks are set. Let stand 5 minutes.

EVEN BETTER BEANS AND WIENERS

Deanna

**6 wieners, cut into chunks
2 cans pork and beans
1/2 lb bacon, fried and diced**

**2 Tbsp brown sugar
1/2 cup water**

Mix first 3 ingredients together in a casserole dish. Mix in remaining ingredients. Bake at 350°F for 1 hour and serve with fresh buns.

PIZZA ON A BUN

Darlene Cymbalisty

**6 slices side bacon
1/2 lb ham
2 medium onions
1 can sliced mushrooms
1 green pepper, chopped
1 can tomato soup**

**1/2 lb mozzarella cheese
1/2 lb cheddar cheese
Optional:
3 chopped pepperoni
1/2 tsp Tabasco sauce
1 tsp Worcestershire sauce**

Chop meats into 1/2 inch square pieces. Chop onions, mushrooms and pepper. Cook above in a frying pan until onions are clear and pepper tender. Add tomato soup; simmer 15 minutes. Mix well. Add grated cheeses. Stir until melted. Spread on split buns and broil until bubbly. This topping can be put in containers and frozen. Great to take to the lake.

*Habits are like easy chairs – easy
to get into, hard to get out of.*

TIDY JOES

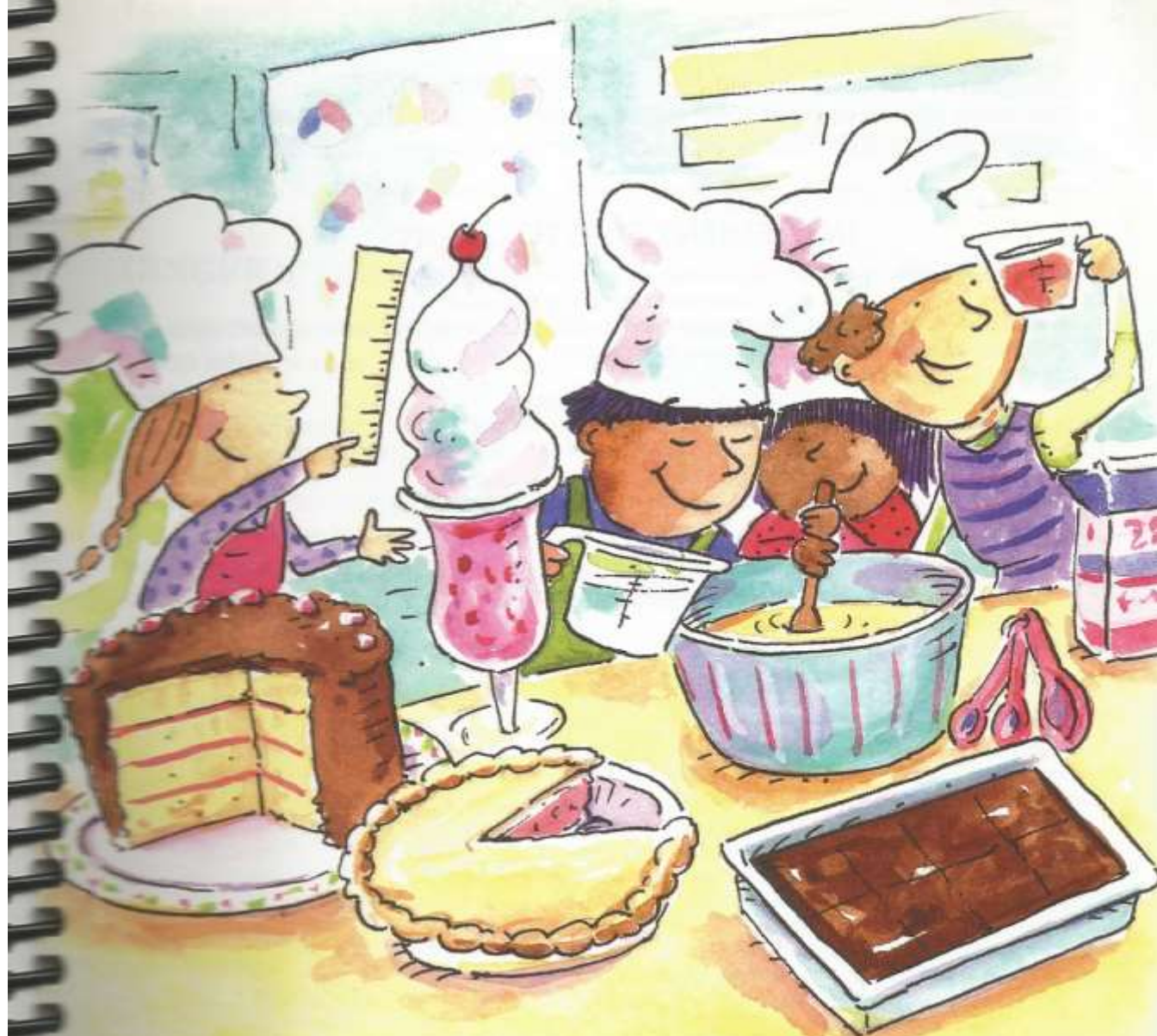
Sheila Clancy

- | | |
|--|---------------------------------------|
| 1 lb lean ground chicken or turkey | 2 jalapeno peppers, seeded and minced |
| 1/2 cup chopped onions | 2 Tbsp white vinegar |
| 2 cloves garlic, minced | 1 Tbsp lite Worcestershire sauce |
| 1/2 cup chopped celery | 1 Tbsp lite brown sugar |
| 1/4 cup grated carrots | 1 1/2 tsp chili powder |
| 1 cup cooked Romano or pinto beans, mashed | 1 tsp each cumin and prepared mustard |
| 1 cup cooked brown or white rice | 1/2 tsp crushed red pepper flakes |
| 1 cup diced tomatoes | 1/4 tsp black pepper |
| 2/3 cup ketchup | 8 hamburger or kaiser rolls |
| 1/2 cup green onions | |

Spray a large saucepan with nonstick spray. Add ground chicken, onions, garlic, celery and carrot. Cook over medium high heat until chicken is browned, about 8 minutes. Stir often. Break up any large chunks of chicken with a fork. Drain off fat. Stir in remaining ingredients. Reduce heat to medium low. Cover and simmer for 10 minutes, stirring occasionally. Spoon chicken mixture over bottom half of a kaiser roll. Cover with top. Serves 8.

EXTRA RECIPES

Desserts



BAKING TEMPERATURES & TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required For Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 - 300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60
		then turn off oven and cool
Rolled	350° - 375°	8 - 12
Squares	350° - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling in preheated shell	350° or 425°	12 - 15 4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

- 1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 Tbsp
= 1 ¼ cups sifted cake and pastry flour
- 1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1½ tsp baking powder and ½ tsp salt
- 1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
- 1 Tbsp **cornstarch** (for thickening) = 2 Tbsp flour
= 2 tsp quick cooking tapioca
- 1 tsp **baking powder** = ¼ tsp baking soda plus ¾ tsp cream of tartar
- 1 tsp **double-acting baking powder** = 1½ tsp phosphate baking powder or 2 tsp tartrate baking powder
- 1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
- 1 cup **liquid honey** = 1¼ cups sugar plus ¼ cup liquid
- 1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
- 1 cup **buttermilk** or **sour milk** = 1 Tbsp lemon juice or vinegar plus enough milk to make 1 cup
(let stand 5 minutes)
- 1 cup **buttermilk** = 1 cup plain yogurt
- 1 cup **sour cream** = 1 cup plain yogurt
- 1 cup **milk** = ½ cup evaporated milk plus ½ cup water
- 1 cup **skim milk** = 3 Tbsp skim milk powder plus 1 cup water
- 1 cup **cream** = ¾ cup milk plus ¼ cup butter
- 1 oz **chocolate** (1 square) = 3 Tbsp cocoa plus 1 Tbsp butter or shortening
- 1 package **active dry yeast** = 1 Tbsp active dry yeast
- 1 **whole egg** = 2 egg yolks
- 1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
- 1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
- 1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
- 1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 Tbsp vinegar
- 1 clove **garlic** = ¼ tsp garlic powder
- 1 tsp **dry mustard** = 1 Tbsp prepared mustard
- 1 small **onion** = 1 Tbsp dehydrated, minced onion
- 1 Tbsp **fresh herbs** (e.g. parsley, oregano) = 1 tsp dried
- Juice of 1 **lemon** = 3 to 4 Tbsp bottled lemon juice

DESSERTS

MINCEMEAT DROPS

Stephanie Thorne

1 1/2 cups flour
1/2 tsp baking soda
1 well beaten egg

1/3 cup shortening or margarine
1/2 cup sugar
3/4 cup moist mincemeat

Mix flour and baking soda. Cream margarine and sugar; add egg. Mix in mincemeat and drop by teaspoonful onto greased cookie sheet. Bake at 375°F for 10 to 12 minutes.

MAUREEN'S FORGOTTEN COOKIES

Darlene Cymbalisty

2 egg whites
3/4 cup sugar
1 cup semi-sweet or milk
chocolate morsels

1 cup pecans, chopped
1 tsp vanilla

Preheat oven to 350°F. Beat egg whites to stiff peaks. Add sugar and beat to peaks. Stir in chocolate morsels and pecans. Add vanilla. Drop by spoonfuls onto parchment paper lined cookie sheets. Put in oven. Shut oven off. Go to bed.

GINGER SPARKLERS

Wendy Sirois

3/4 cup margarine
1 cup white sugar
1 egg
1/4 cup molasses
2 cups flour

1 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp cloves

Cream together margarine and sugar. Add egg and molasses; beat well. Stir in dry ingredients. Roll in balls and coat with sugar. Place on greased baking sheet and flatten with thumb. Leave lots of room between each cookie. Bake at 350°F for 10 minutes. Makes 5 dozen.

*Forget yourself for others
and others will not forget you.*

BEST GINGER SNAP COOKIES

Bev Vinish

1 cup sugar	1 tsp ginger
3/4 cup butter or margarine	1 tsp baking soda
1 egg	1 tsp cinnamon
1/4 cup fancy molasses	Pinch salt
2 cups flour	

Cream together sugar, butter or margarine, egg and molasses. Mix in dry ingredients. Shape into balls. Roll in sugar (do not flatten). Place balls on cookie sheet. Bake at 350° for 10 to 15 minutes. Makes about 3 dozen.

TOFFEE CHIP COOKIES

Darlene Cymbalisty

1/2 cup butter	2 tsp baking powder
1 can sweetened condensed milk	1 pkg chocolate chips
2 cups graham crumbs	1 pkg Skor pieces
3/4 cup flour	

Cream butter and condensed milk. Add crumbs, flour and baking powder; mix well. Add chips and Skor pieces and mix. Drop by teaspoonful. Bake at 350° for 10 to 12 minutes.

CRACKER JACK COOKIES

Alisa Funk

1 cup butter	1 tsp baking powder
1 cup brown sugar	1 tsp baking soda
1 cup white sugar	2 cups oatmeal
2 eggs	1 cup coconut
2 tsp vanilla	2 cups Rice Krispies
1 1/2 cups flour	1/2 cup walnuts (or raisins)

Drop by teaspoon and bake 10 to 12 minutes.

CHOCOLATE CHIP COOKIES

Cheryl Fransoo

2/3 cup melted butter	2 2/3 cups flour
2 cups lightly packed brown sugar	1 tsp baking powder
2 eggs	1 tsp baking soda
2 Tbsp hot water	1/4 tsp salt
	1 pkg chocolate chips

Mix first 4 ingredients, then stir in the rest. Bake at 375° for 8 to 10 minutes.

CHOCOLATE CHIP COOKIES

Bev Vinish

1 cup butter or margarine
1 cup dark brown sugar
1/2 cup sugar
1 tsp vanilla
2 eggs, beaten
2 1/2 cups flour

1 tsp baking soda
1/4 tsp salt
2 cups milk chocolate chips
1 cup chopped walnuts or
pecans (optional)

In a large bowl, cream butter, sugars and vanilla. Add beaten eggs to creamed butter; beat together. Add flour, baking soda and salt. Stir in chocolate chips and nuts. Mix well. Drop by tablespoonful on ungreased rimless cookie sheets. Bake at 375° for 15 to 20 minutes. Makes about 3 dozen cookies.

DISHPAN COOKIES (Large Recipe)

Lynne Farrell

2 cups margarine
2 cups white sugar
2 cups brown sugar
4 eggs
4 cups flour
4 tsp soda

1 tsp salt
1 1/2 cups rolled oats
4 cups corn flakes
1 1/2 cups walnuts (optional)
2 cups coconut
8 oz chocolate chips

Mix all ingredients. Drop on greased cookie sheet. Bake at 350° until done, approximately 10 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

Suzanne Cooke

1 1/2 cups flour
1 tsp baking soda mixed with 1
tsp hot water
1 tsp salt
1 cup margarine
3/4 cup white sugar

3/4 cup brown sugar
2 eggs
1 tsp vanilla
1 pkg chocolate chips
2 cups rolled oats

Cream together both sugars and margarine. Add eggs and vanilla, then water/soda mixture; set aside. Combine dry ingredients. Add chocolate chips or raisins or butterscotch chips (to dry ingredients). Using a spatula add dry ingredients to wet. Combine but do not overmix! Drop by spoonful (I use a melon baller scoop) onto cookie sheet. Bake at 350° for 10 to 12 minutes (bottoms should look light brown). Cool before eating. Makes lots!

LOLA'S OATMEAL CHOCOLATE CHIP COOKIES

Angela Zoerb

4 cups butter
3 cups white sugar
3 cups brown sugar
8 eggs
4 tsp baking soda
4 tsp boiling water

4 tsp vanilla extract
6 cups flour
3 tsp salt
8 cups oatmeal
4 cups raisins
1 kg pkg chocolate chips

Mix butter, sugar, eggs, soda and water and vanilla. Add flour, salt, oatmeal, then raisins and chocolate chips. Scoop by dessert sized spoonful onto baking sheet. Bake at 350° for 15 minutes (don't overbake). Remove from cookie sheet and cool some before placing in containers. Freezes well.

Recommendation: Bake 6 minutes on bottom rack then 6 minutes on top rack (12 minutes total).

SPICY DADS COOKIES

Andrea Wiebe

1 cup softened margarine
1 cup sugar
1/2 cup brown sugar
1 large egg
2 Tbsp molasses
1 tsp vanilla
1 1/2 cups flour
1 tsp baking powder

1 tsp baking soda
1 tsp cinnamon
1 tsp nutmeg
1 tsp allspice
1 1/2 cups quick rolled oats
1 cup medium unsweetened coconut (optional)

Cream margarine and sugars in large bowl. Add egg. Beat well. Add molasses and vanilla. Beat until smooth. Combine next 6 ingredients with the margarine mixture. Add rolled oats and coconut. Mix well. Drop by tablespoon about 2 inches apart on lightly greased cookie sheet. Flatten slightly. Bake in 300°F oven for 10 minutes. Let stand on cookie sheet for 5 minutes before removing to wire racks to cool.

The secret of patience is doing something else in the meantime.

BOB'S OATMEAL COOKIES

Juliette Tokar

1 cup firmly packed brown sugar	1 1/2 cups flour
1 cup margarine or butter	1 tsp baking soda
1 egg	1 tsp pumpkin pie spice
1 tsp vanilla	1 tsp cinnamon
2 cups quick cooking oats	1 cup seedless raisins (optional)

Preheat oven to 400°F. In a bowl beat sugar and margarine until well blended; beat in egg and vanilla until mixture is smooth. Blend in oatmeal, flour, baking soda, cinnamon, pumpkin spice and raisins. Drop batter by tablespoons 2 inches apart on lightly greased cookie sheet. Bake in oven for 5 to 7 minutes until lightly brown. Makes 3 dozen.

GLUTEN FREE OATMEAL RAISIN COOKIES

D'Arcy Turner

3/4 cup gluten free oat flour	1/2 cup granulated sugar
1/4 cup tapioca starch	1/2 cup packed brown sugar
1/2 tsp xanthan gum	1 egg
3/4 tsp baking soda	2 tsp vanilla
3/4 cup lactose-free buttery spread or butter, softened	2 1/2 cups gluten free oats
	1 1/2 cups raisins

Preheat oven to 350°F. Lightly grease baking sheets. In a small bowl or plastic bag, combine oat flour, tapioca starch, xanthan gum and baking soda. Mix well and set aside. In a large bowl, using an electric mixer, beat buttery spread, sugar, brown sugar, egg and vanilla until light and fluffy. Slowly beat in dry ingredients until combined. Stir in oats and raisins. Drop dough by rounded spoonfuls 2 inches apart on prepared baking sheets. Bake in preheated oven for 10 to 13 minutes or until lightly browned and just set. Let cool on baking sheets on a rack for 2 to 3 minutes. Carefully transfer to a cooling rack and let cool completely. Store in an airtight container at room temperature for up to 5 days or freeze for up to 2 months. Makes 54 cookies.

*Happiness is like a kiss;
you must share it to have it.*

MOM'S OATMEAL DATE COOKIES

Faye Prentice

1 cup margarine
1 1/2 cups brown sugar
2 eggs
1 tsp vanilla
2 cups flour
1 tsp baking powder
1 tsp baking soda

1/2 tsp salt
3 cups quick cooking oats
Date Filling:
2 cups chopped dates
1 cup water
1 tsp vanilla

Mix as usual and let cool 1 hour. Roll dough 1/4 inch thick. Bake at 350° for 10 to 12 minutes. Cut into rounds and put together with Date Filling. Cook the Date Filling about 10 minutes until thickened. Cool.

FILLED OAT CRISP COOKIES

Judy Walker

2 1/2 cups sifted cake flour
1/2 tsp baking powder
1/2 tsp salt
2 1/2 cups rolled oats (finely ground)

1 cup butter
1 cup brown sugar
1/2 cup water
Date filling

Sift flour with baking powder and salt and add oats. Cream butter with sugar until fluffy. Add dry ingredients alternately with water. Chill. Roll a portion of dough about 1/8 inch thick on lightly floured surface and cut into 2 inch rounds. Bake on greased baking sheet at 350°F about 10 minutes or until browned. Cool and store. When ready to use spread filling on one cookie and top with another cookie. Makes about 2 1/2 dozen.

DATE FILLING FOR COOKIES

Judy Walker

1/2 cup chopped dates
1/2 cup water
1/2 lemon, juiced

1/4 cup sugar
1 Tbsp flour
Dash salt

Combine ingredients and cook until thick. Cool before using.

*If you haven't any wrinkles,
you haven't laughed enough.*

GRANDMA'S CHRISTMAS SCUFFLES

Suzanne Cooke

1 Tbsp fast rising yeast
3 cups flour
3 Tbsp white sugar
1/2 tsp salt
1 cup butter

3/4 cup milk
2 eggs
1 Tbsp cinnamon for topping
1/2 cup white sugar for topping

Blend first 5 ingredients as you would for a pie crust; should be flaky. Then add milk and eggs. Becomes a soft sticky dough. Flour counter and knead. Place, covered, in fridge overnight. The next morning divide dough in 6 pieces. Roll each piece very thin and cut into 16 pie shaped wedges. Sprinkle with cinnamon and sugar. Roll each wedge from the long edge to the point of the triangle making a crescent shape. Place on cookie sheet. Bake at 350°F for 15 minutes. Watch closely as burns easily. Makes about 6 dozen, enough to fill an ice cream pail.

WHIPPED SHORTBREAD

Rita Celestino

1 lb butter
3 cups sifted flour
1 tsp vanilla

1/2 cup cornstarch
1 cup sifted icing sugar

Cream butter well. Cream in sugar, flour and cornstarch. Beat with a beater until creamy. Drop from spoon onto cookie sheet. Bake at 350°F for 12 minutes.

GLUTEN FREE SHORTBREAD COOKIES

D'Arcy Turner

1 cup butter
1/4 cup cornstarch

1/2 cup icing sugar
1 1/2 cups rice flour

Combine ingredients in mixing bowl. Beat on medium high till whipped consistency. Roll into balls. Press flat. Bake at 325° for 12 minutes.

SHORTBREAD

Jeanette Ens

1 lb butter
1/2 cup cornstarch

1 cup icing sugar
3 cups flour

Beat butter with beater. Add and beat after each ingredient. Roll in balls and press flat on ungreased cookie sheet. Bake at 325° for 15 minutes.

SPICY SHORTBREAD COOKIES

Carmen Berglund

1 1/4 cups butter	1/2 tsp cayenne pepper
1/2 cup icing sugar	1/2 tsp salt
2 cups flour	1/4 cup pecan/walnut halves
1 cup grated Parmesan cheese	1 cup jalapeno/red pepper jelly

Preheat oven to 300°F. Place butter in large bowl. With electric mixer gradually beat in sugar until smooth and creamy. In second bowl, stir flour with Parmesan, cayenne pepper and salt. Using wooden spoon, stir flour mixture into butter mixture just until dough begins to come together. Finish working dough with hands until thoroughly blended. Form mixture into ball. Shape dough into 1 inch balls. Place balls on ungreased baking sheets 1 inch apart. To form indented cookies (to fill with jelly after), make a thumbprint on the top of each ball. If you do not wish to use jelly, you can just press a walnut or pecan half into the top of each one and bake. Bake until cookies are lightly golden color and edges firm, about 12 to 15 minutes. Lift cookies with spatula and place on racks to cool. Fill with jelly and top with walnut or pecan half before serving. Makes about 4 dozen cookies.

KYLIE'S SUGAR COOKIES

Linda Lichtenwald

1 cup butter, softened	1/2 tsp almond extract
1 cup sugar	2 Tbsp milk
1 egg, beaten	2 1/2 cups flour
1 tsp vanilla extract	1 tsp baking powder

Combine butter, sugar, egg, extracts and milk in large bowl; mix in flour and baking powder. Mix well. Cover with plastic wrap. Put in fridge until firm, about 2 hours. Preheat oven to 400°F. On lightly floured surface roll dough one third at a time to 1/4 inch thickness. Cut with floured cookie cutters and place 1 inch apart on ungreased cookie sheets. Bake for 6 to 9 minutes until edges are light brown. Immediately remove to wire rack to decorate with sprinkles, if desired. Makes 5 to 6 dozen.

*No one can make you feel
inferior without your consent.*

MRS. SMITH'S COOKIES

Norma Jean Schaan

2 cups raisins
1 cup water
1 cup lard
3 eggs
2 cups white sugar
1 tsp baking soda
1 tsp baking powder

1 tsp salt
4 cups flour
3/4 tsp nutmeg
3/4 tsp allspice
1/2 tsp cloves
3 tsp cinnamon

Boil raisins in water for 5 minutes. Add lard to raisins and water. Cool to lukewarm. Add remainder of ingredients. Drop by spoonfuls onto cookie sheet. Bake at 350°F.

GRANOLA COOKIES

Diane Shendruk

1/2 cup margarine
1/2 cup brown sugar
1/2 cup honey
1 1/2 tsp vanilla
1 large egg
1 1/3 cups whole wheat flour
1/4 tsp salt
1/2 tsp baking soda
1/2 tsp baking powder

1/4 cup wheat germ
3/4 tsp cinnamon
1/4 tsp ginger
1 cup oats
1/2 cup pecans, chopped
1/2 cup sunflower seeds
1/2 cup coconut
2 cups chocolate chips

Combine margarine, sugar, honey, vanilla and egg. Combine dry ingredients to wet and stir in nuts, coconut and chocolate chips. Bake at 350°F for 10 to 12 minutes.

ORANGE BRAN COOKIES

Carmen Berglund

1 1/4 cups margarine
2 cups brown sugar
2 eggs, well beaten
1 cup bran (Bran Buds would work well)

Grated rind of 1 large orange
3 cups flour
1 tsp baking powder

Cream margarine and sugar until light and fluffy. Add beaten eggs and blend well. Add bran, orange rind and dry ingredients and blend thoroughly. Divide dough in half and shape into 2 rolls. Wrap in wax paper and chill in fridge several hours or overnight. With sharp knife, cut each roll in thin slices, place on ungreased cookie sheet and bake at 200°C for 8 to 10 minutes. Makes about 6 dozen cookies.

VEGAN CRANBERRY-ORANGE-NUT COOKIES

Ghenet Adhanom

1 1/2 cups whole wheat pastry flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 cup chopped walnuts
1/2 cup chopped dried cranberries

1 cup plus 3 Tbsp sugar, divided
1/2 cup smooth unsweetened applesauce
1/4 cup light vegetable oil
1 Tbsp freshly grated orange zest
3 Tbsp orange juice

Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes. Preheat oven to 350°F. Line a baking sheet with parchment paper. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2 inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely. Yield: 2 1/2 dozen cookies.

VEGAN MIXED DREAM COOKIES

Ghenet Adhanom

1/2 cup dried apricots
1 cup mixed nuts, roasted (any combination such as walnuts, sunflower seeds, cashews, almonds, pumpkin seeds, peanuts)
1/2 cup nondairy margarine

1/4 cup confectioners' sugar, sifted
1 1/2 tsp vanilla
1/2 cup agave syrup
1 cup unbleached flour
1/4 tsp salt

Preheat oven to 325°F. If the apricots seem very dry, soak in hot water and then drain, saving the liquid; chop into small bites. In a food processor, chop the mixed nuts; set aside. In a large mixing bowl, cream the margarine and then beat in the confectioners' sugar, vanilla and agave syrup. In another bowl, combine the flour and salt; fold into the margarine mixture. Add the nuts and chopped apricots and mix well. If the dough seems stiff, add some of the liquid from the apricot soaking. Use a small ice cream scoop or melon baller to drop dough balls onto greased baking sheets. Bake for 20 to 25 minutes, depending on the size of the balls. Cool on a wire rack. Makes about 1 1/2 dozen cookies.

GLUTEN FREE CHOCOLATE PECAN HAYSTACKS

D'Arcy Turner

- | | |
|---|--------------------------------|
| 14 oz can sweetened condensed milk | 1 tsp vanilla |
| 3 oz (3 squares) gluten free unsweetened chocolate | Few grains salt |
| | 2 cups shredded coconut |
| | 1 cup chopped pecans |

Preheat oven to 350°F. In a saucepan, heat the milk and chocolate over low heat until the chocolate melts, stirring frequently. Remove from heat; stir in the vanilla, salt, coconut and pecans. Drop teaspoonfuls of the mixture on a greased cookie sheet. Bake 10 minutes. Makes 40 cookies.

GLUTEN FREE PEANUT BUTTER COOKIES

Mary Harnish

- | | |
|-----------------------------------|----------------------------|
| 1 cup creamy peanut butter | 1 large egg |
| 1 cup sugar | 1 tsp baking powder |

Beat peanut butter and sugar until thoroughly combined. Add egg and baking soda. Dough may be chilled before forming cookies. Roll dough into tablespoon sized balls and place on cookie sheet. Press each cookie with a fork, making a crisscross design. Bake at 350°F for 10 minutes. Keep in airtight container for up to 5 days. Chocolate chips may be added to dough for variety.

BAKED RICE CAKE

Rita Celestino

- | | |
|--|-------------------------------------|
| 6 cups sweet glutinous rice (find at Superstore or Chinese store) | 1 can coconut milk |
| 6 cups water | 2 1/2 cups brown sugar |
| 1/4 tsp salt | 1/2 cup margarine or butter |
| | 1 cup sweet shredded coconut |
| | 1/2 cup white sugar |

Wash rice then add water and salt. Stir well to combine salt. Cook in a pot; mix well, especially bottom to prevent sticking on the pot and burning, until it starts to boil. Lower the temperature to low; stir occasionally until rice is cooked (you can use a rice cooker). Add white sugar and margarine and put rice mixture into a greased 9x13 inch pan. Meanwhile, boil coconut milk and sugar until syrupy. Combine coconut milk mixture with rice, coating generously. Sprinkle shredded coconut on top of rice cake. Press into 9x13 inch pan. Bake at 350°F until shredded coconut turns light brown and syrup is absorbed.

STREUSEL FILLED COFFEE CAKE

Andrea Wiebe

1 1/2 cups flour
3 tsp baking powder
1/2 cup margarine
1/2 cup milk
1/4 tsp salt
3/4 cup sugar
1 egg
1 tsp vanilla

Filling:
1/2 cup brown sugar
2 Tbsp flour
2 tsp cinnamon
1 Tbsp melted margarine
1 tsp vanilla
1/2 cup nuts (optional)

Cut margarine into dry ingredients. Blend in egg beaten with milk. Spread half of batter in 8x8 inch pan. Sprinkle half of filling over batter. Cover with other half of cake batter and sprinkle remaining filling over top. Bake 20 to 30 minutes at 375°F.

LOUISE'S BERRY CRUNCH BUNDT CAKE

Juliette Tokar

2 1/4 cups flour
1 cup white sugar
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
2 or 3 cups saskatoons or
blueberries (fresh or frozen)
2 eggs
1 cup buttermilk

3/4 cup canola oil
2 Tbsp frozen lemon concentrate
or lemon juice
Crumble Mixture:
1/2 cup butter
1 cup brown sugar
2/3 cup flour
3/4 cup oatmeal

Mix all dry ingredients and berries in a larger bowl. Mix all wet ingredients together well. Then blend in wet and dry ingredients together. Mix batter and pour 1/2 the batter in oiled bundt cake pan. Add all Crumble Mixture, then pour rest of batter on top. Bake for 1 hour at 350° till cooked. Leave upside down in bundt pan for 15 minutes, then knife around edge and cake should fall out fairly easy onto rack. Very yummy.

*Life is 10% how you make
it and 90% how you take it.*

CARROT CAKE

Alisa Funk

2 cups sugar
1 1/4 cups oil
4 eggs
2 cups flour
1 tsp salt
3 cups grated carrots
1 tsp soda
1 tsp cinnamon

1 medium can crushed
pineapple, drained
1 tsp baking powder
1 tsp vanilla
Icing:
8 oz pkg cream cheese
1 tsp vanilla
Icing sugar
1/2 cup butter

Beat eggs, oil and sugar. Mix dry ingredients and carrots. Add the egg mixture and stir in the drained pineapple. Bake at 350°F in floured pans. Whip cream cheese icing and spread.

SIMPLY SUPER CARROT CAKE (Rice Free)

Ghenet Adhanom

1/2 cup light or dark bean flour
1/2 cup cornstarch
1/2 cup tapioca flour
1/2 tsp xanthan gum
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1 tsp vanilla
1/4 tsp ground ginger
1/2 tsp salt

2 eggs or 1/2 cup liquid egg
substitute
3/4 cup sugar
1/2 cup mayonnaise or light
mayonnaise
1 1/2 cups grated carrot
3 Tbsp pecans, finely chopped
3 Tbsp dried cranberries
1 1/2 tsp egg replacer (optional)

Preheat oven to 350°F. Spray an 8 inch square pan with vegetable oil spray. In a medium bowl, blend together the bean flour, cornstarch, tapioca flour, xanthan gum, baking powder, baking soda, cinnamon, vanilla, ginger, egg replacer (if used) and salt. Set aside. In a large mixing bowl, beat eggs until light. Add sugar and mayonnaise and beat to blend. With a spoon beat in the flour mixture. Add the carrots, nuts and cranberries and stir until blended. The dough will be quite thick. Spoon onto a prepared pan and bake for 30 to 35 minutes or until tester comes out clean. Cool before frosting. If you double the recipe, use a 9x13 inch pan and bake for 45 to 50 minutes.

SIMPLY GREAT CARROT CAKE

Glenda Day

2 1/4 cups all-purpose flour
2 tsp baking soda
2 tsp cinnamon
1 tsp baking powder
1 tsp salt
1 1/2 cups sugar
3 eggs
1 tsp vanilla
1 cup vegetable oil
2 cups finely grated carrots

14 oz can crushed pineapple,
drained
1 cup shredded coconut
1 cup chopped walnuts
Cream Cheese Frosting:
1 pkg cream cheese
1/3 cup softened butter
1 tsp vanilla
icing sugar

For cake, preheat oven to 350°F. Grease a 9x13 inch baking pan. Stir together flour, baking soda, cinnamon, baking powder and salt in bowl. In separate bowl, using an electric mixer, beat sugar and eggs together. Beat in vanilla and oil until well combined. Stir in dry ingredients along with carrots, pineapple, coconut and walnuts, mixing well. Spoon batter into prepared baking dish and bake 40 to 45 minutes. Cool and frost with Cream Cheese Frosting.

Cream Cheese Frosting: In a medium mixing bowl combine cream cheese with butter. Beat together until light and fluffy. Beat in vanilla. On low speed, beat in icing sugar until smooth and fluffy. Spread on cooled cake.

GUILT FREE CARROT & PLUM CAKE (Lactose, Soy And Cholesterol Free)

Ghenet Adhanom

2 cups brown rice flour
1 tsp xanthan gum
1 cup sugar
2 tsp baking soda
2 tsp baking powder
1/2 tsp salt

1 Tbsp pumpkin pie spice
1 tsp dried lemon peel
16 oz can plums, with juice
3/4 cup liquid egg substitute
3 Tbsp vegetable oil
3 cups grated carrots

Preheat oven to 350°F. Spray bundt pan with vegetable oil and dust with rice flour. In a large mixing bowl combine flour, xanthan gum, sugar, baking soda and powder, salt, spice and lemon peel. Set aside. Drain plums, reserving juice; pit them and puree them in the food processor, adding enough juice to make 1 1/4 cups. Combine puree, egg substitute and oil, beating to mix well. Stir in flour mixture along with the carrots. Pour batter into prepared pan and bake for 1 hour and 10 minutes or until tester comes out clean. Cool in pan 10 minutes before turning out. If desired while still warm drizzle a thin layer of icing - combine icing sugar with fruit juice. (Option: Use 2 1/2 ounces baby jar prunes with enough water to make 1 1/4 cups instead of pureeing own.)

L.B.'S LEMON CAKE

Jamie Mckay

1 pkg lemon cake mix
4 eggs
1 pkg lemon pie filling
8 oz cream cheese for icing

1 tsp almond flavouring for icing
icing sugar, enough to make
icing spreadable

Cook and cool lemon pie filling. Mix cake mix with eggs and cooled filling. Bake in 18x12 inch jelly roll pan at 375°F for 30 to 35 minutes (or use a 7x11 inch pan and bake at 350°F for 35 to 40 minutes).

PUMPKIN PIE CAKE

Faye Prentice

4 eggs
2 1/2 cups canned pumpkin
1 cup sugar
2 tsp pumpkin pie spice
1/2 tsp salt

385 mL can evaporated milk
1 box yellow cake mix
3/4 cup melted butter
1 cup chopped pecans

Mix first 6 ingredients in blender. Pour into ungreased 9x13 inch pan. Sprinkle dry cake mix over pumpkin mixture. Pour melted butter evenly over cake mix. Sprinkle with pecans. Bake 1 to 1 1/2 hours at 350°F (325°F if using glass pan) or until knife comes out clean. Let cool, cut into squares and top with whipped cream.

STRAWBERRY SHORTCAKE ROYALE

Marie Maurice

1/3 cup shortening
2 1/2 cups all-purpose buttermilk
biscuit mix
3 Tbsp sugar
1 tsp vanilla
3/4 cup milk
1 qt strawberries, cut into halves

3/4 cup sugar
Triple Cream Sauce:
1 cup softened ice cream
1/2 cup dairy sour cream
1/4 cup sugar
1 tsp vanilla
1 cup heavy cream

Cut shortening into biscuit mix until crumbly. Combine 3 tablespoons sugar, vanilla and milk; stir into biscuit mixture and beat 15 strokes. Pat into two well greased 8 inch round layer cake pans. Bake in hot oven (425°) for 12 to 15 minutes until golden brown. Cool. Meanwhile, sprinkle berries with 1/3 cup sugar. Let stand 30 minutes. Spread half of the sweetened berries on a shortcake layer. Top with second cake layer. Add remaining berries. Spoon Triple Cream Sauce over shortcake. Makes 6 to 8 servings. Ice cream sauce surprises and delights.

Triple Cream Sauce: Combine ice cream, sour cream, sugar and vanilla. Whip heavy cream until quite stiff. Thoroughly fold whipped cream into ice cream mixture. Chill. Makes 3 cups.

WILLIAMSBURG ORANGE RING CAKE

*Iris Keindel
Nurse Clinician CKD*

2 1/2 cups flour
1 1/2 cups sugar
1 1/2 tsp baking soda
1 tsp salt
1 1/2 cups buttermilk
1/2 cup butter or margarine,
softened
1/2 cup shortening, softened
2 Tbsp grated orange rind
3 eggs

1 tsp vanilla
1/2 cup raisins
1/2 cup finely chopped nuts
Orange Buttermilk Glaze:
1 1/2 cups icing sugar
2 Tbsp softened butter or
margarine
2 Tbsp grated orange rind
2 Tbsp buttermilk

Preheat oven to 350°F. Oil and flour 12 cup bundt or tube pan. Place all ingredients in mixer; mix on low for 30 seconds while scraping side of bowl. Mix on high for 3 minutes. Pour into prepared pan and bake for 55 to 60 minutes or until lightly browned and toothpick inserted in middle of cake comes out clean. Let cool for 20 minutes. Remove from pan and pour Orange Buttermilk Glaze over cooled cake.

Orange Buttermilk Glaze: Mix all together to desired consistency and pour over cake.

FRUIT UPSIDE DOWN CAKE

Andrea Wiebe

Cake:
1 cup flour
3/4 cup sugar
2 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1 Tbsp soft margarine
1/2 cup sour milk (milk with a tsp
vinegar or lemon juice)

1 tsp vanilla
Cake Top:
1/4 cup brown sugar
2 cups sliced fruit (apple, pear or
peach)
1/2 tsp nutmeg, cinnamon and/or
ginger

Combine brown sugar and spices; sprinkle bottom of greased 8x8 inch pan. Arrange fruit on top in tight pinwheel pattern. Combine dry ingredients; add milk, margarine and vanilla. Beat till smooth. Spoon/spread batter over the fruit. Bake 20 to 30 minutes at 350°F. If doubling recipe to a 13x9 inch pan bake 40 to 50 minutes. When done cooking flip pan over onto waxed paper and scrape leftover sauce over fruit.

MODERN ANZAC CAKE

Carol Smith

125 g softened butter
200 g sugar
2 eggs
1 tsp vanilla
85 g ground almonds
3 Tbsp cocoa
30 g shredded coconut
1/2 cup chopped dried apricots
200 g self-rising flour
320 g sour cream

125 mL espresso
Topping:
150 mL water
1 cup sugar
4 Tbsp golden (corn) syrup
80 g butter
150 g flaked (sliced) almonds
30 g shredded (slivered)
almonds
30 g rolled oats

Preheat oven to 160°C (325°F). Grease and line a 24 cm cake tin. Cream butter and sugar until thick. Add eggs and vanilla. In a separate bowl, mix ground almonds, cocoa, coconut, chopped apricots and flour. Fold half this mixture into the batter with the sour cream, then the remaining flour with the coffee and mix well. Bake for 1 hour until puffed and cooked through. Meanwhile, place water and sugar in a saucepan and heat gently. When it begins to boil, simmer for 5 minutes. When it is pale gold, remove from heat and stir in remaining topping ingredients and stir thoroughly. Heat if necessary. After the hour, when the cake is cooked, pour this mixture over the cake then return to the oven for 10 minutes until the topping is set. Remove and allow the cake to cool for 10 minutes. Loosen from the sides with a knife and then cool on a wire rack.

FRESH STRAWBERRY UPSIDE DOWN CAKE

Juliette Tokar

2 cups crushed fresh
strawberries
6 oz pkg strawberry flavored
gelatin mix

3 cups miniature marshmallows
18 oz pkg yellow cake mix

Preheat oven to 350°F (175°C). Spread crushed strawberries on the bottom of a 9x13 inch baking pan. Evenly sprinkle strawberries with the dry gelatin powder and top with mini marshmallows. Prepare the cake mix as directed on the package and pour on top of the marshmallows. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 50 minutes. Cool in the pan for 15 minutes. Run a knife around the pan to loosen the sides and turn the cake out onto a serving tray. Store cake in the refrigerator. Great with kids and ice cream.

PINEAPPLE UPSIDE DOWN CAKE

Lynne Farrell

3 Tbsp butter or margarine	1/2 cup white sugar
1 can (2 1/2 cups) pineapple (tidbits or crushed)	1 egg
Maraschino cherries	1 tsp vanilla
Walnut halves	1 1/4 cups flour
2/3 cup brown sugar	1 1/2 tsp baking powder
1/3 cup margarine	1/2 tsp salt

Melt butter or margarine in 9x1 1/2 inch round pan (or 11 inch square pan). Drain pineapple, reserving 1/2 cup syrup. Arrange cherries and nuts in bottom of pan. Cover with brown sugar, then pineapple. Cream together remaining ingredients and add reserved pineapple syrup. Spread over pineapple. Bake at 350°F for 45 to 50 minutes. Let stand 5 minutes; invert on plate. Serve warm. May add dollop of whipping cream or ice cream to top.

MAUREEN'S RHUBARB CUSTARD CAKE

Darlene Cymbalisty

4 cups rhubarb, chopped	1 tsp baking powder
3 oz pkg strawberry Jello	1/2 tsp baking soda
2 eggs	1/2 tsp salt
1 cup butter or margarine	1/2 cup brown sugar
1 1/4 cups sugar	2 Tbsp white sugar
1 cup sour cream	1 tsp cinnamon
2 cups flour	1/2 cup chopped nuts (optional)

Mix rhubarb with Jello powder thoroughly. Set aside. Cream butter with 1 1/4 cups sugar. Add egg, one at a time, mixing well. Stir in sour cream, flour, baking soda, baking powder and salt. Spread half of batter in a greased 9x13 inch pan. Spread rhubarb mixture over batter. Combine brown sugar, 2 tablespoons white sugar, cinnamon and nuts. Sprinkle half of this mixture on top of rhubarb. Spread remainder of batter on top and sprinkle with sugar/nut mixture. Bake at 350°F for 40 minutes.

*Happiness is like honey – you can pass it
around, but some of it will always stick to you.*

CREAMY PEACH COFFEE CAKE

Roxanne Kroeker

2 1/4 cups flour
3/4 cup sugar
3/4 cup cold butter
3/4 cup sour cream
1/2 tsp baking powder
1/2 tsp baking soda

2 eggs
1 tsp almond extract
8 oz cream cheese, softened
1/4 cup sugar
3/4 cup peach preserves
1/2 cup sliced almonds

In a large mixing bowl, combine flour and sugar. Cut in butter until mixture resembles coarse crumbs. Set aside 1 cup for topping. To the remaining crumbs, add sour cream, baking powder, baking soda, an egg and almond extract, beating until combined. Press onto bottom and 2 inches up sides of 9 inch greased springform pan. In a small bowl, combine cream cheese, sugar and an egg and spoon onto prepared crust. Top with preserves. Sprinkle reserved crumb mixture and top with almonds. Place pan on a cookie sheet and bake at 350°F for 45 to 50 minutes or until filling is set and crust is golden brown. Cool on wire rack for 15 minutes. Carefully run knife around edge of pan to loosen. Remove sides of pan. Cool for 1 1/2 hours before slicing. Store in fridge.

CHOCOLATE ZUCCHINI CAKE

Bev Vinish

1/2 cup margarine or oil
1 3/4 cups sugar
2 eggs
1 tsp vanilla
1/2 cup sour milk
2 1/2 cups flour
4 Tbsp cocoa

1/2 tsp baking powder
1 tsp baking soda
1/2 tsp cinnamon
1/2 tsp cloves
2 cups grated zucchini
1/2 cup milk chocolate chips

Beat eggs, oil and sugar until light. Add vanilla and soured milk (you can add vinegar to milk to sour it). Combine dry ingredients and add to wet ingredients. Mix well and stir in chocolate chips. Pour batter into 9x13 greased pan and bake at 350°F for 35 minutes.

*It isn't necessary to blow out the other
person's light to make your own shine.*

THE BEST EVER, EASIEST, RUSHED CHOCOLATE CAKE

Andrea Wiebe

1 pkg chocolate cake mix
1 can cherry pie filling
2 eggs
1 tsp almond extract (optional)

Icing:
5 Tbsp margarine
1/3 cup milk
1 cup brown sugar
1 cup chocolate chips

Mix first 4 ingredients together. Bake in a 13x9 inch greased pan according to cake directions.

Icing: Bring first 3 ingredients to a boil for 1 minute. Add chocolate chips. Stir. Let cool and beat until forms consistency of icing. Ice cake.

GLUTEN FREE ALMOST FAT FREE CHOCOLATE CAKE

D'Arcy Turner

**1 1/4 cups gluten free flour
mixture**
1 cup sugar
1/2 cup unsweetened cocoa
1/4 cup cornstarch
3/4 tsp baking soda

1/2 tsp salt
4 egg whites
2 tsp gluten free mayonnaise
1 cup water
1/2 cup light corn syrup

Preheat oven to 350°F and spray a 9 inch square pan with gluten free nonstick spray. Sift the flour mixture, sugar, cocoa, cornstarch, baking soda and salt into a bowl. In another bowl, whisk together the egg whites, mayonnaise, water and corn syrup. Stir in dry ingredients. Pour into the greased pan and bake 30 minutes or until the cake springs back when lightly touched. Cool on a wire rack. Makes 9 (3 inch square) servings.

WACKY CHOCOLATE CAKE

Mary Harnish

1 1/2 cups flour
1 cup sugar
1 tsp baking soda
1 tsp baking powder
3 Tbsp cocoa

1/2 tsp salt
1/2 Tbsp vinegar
1/3 cup oil
1 Tbsp vanilla
1 cup warm coffee

Stir together flour, sugar, baking soda, baking powder, cocoa and salt. Make 3 wells in dry ingredients. In first well put vinegar, in second well put oil and in third well put vanilla. Pour coffee over all and mix well. Put in 8x8 inch baking pan. Bake at 350°F for 30 to 40 minutes or until center tests done.

CHOCOLATE CRANBERRY FUDGE CAKE

Norma Nordquist

Cake:

2/3 cup semi-sweet chocolate chips

1/2 cup butter

1 oz unsweetened chocolate

1 cup cranberry sauce (whole berry; I used jelly)

1/2 cup sugar

2 eggs

1 tsp vanilla

1/4 cup flour

1/2 tsp baking powder

Glaze:

1/4 cup whipping cream

1/2 cup semi-sweet chocolate chips

1/4 cup jellied cranberry sauce

Cake: Heat oven to 325°. Line 8 inch cake pan with foil and coat with vegetable spray. Microwave 2/3 cup chocolate chips, butter and chocolate squares in a large bowl for 1 minute. Stir until smooth and chocolate is melted. Stir in cranberry sauce and sugar, mixing well. Add eggs, vanilla, flour and baking powder, stirring until well mixed. Pour batter into prepared pan. Bake 40 minutes or until center is set and a toothpick comes out clean. Cool.

Glaze: Microwave cream and chocolate chips for 1 minute. Stir until smooth. Add cranberry sauce, mixing well.

Turn cake out onto flat serving plate. Remove foil. Spread glaze. Chill until glaze is firm. Can be made a day ahead.

FAT FREE CHOCOLATE CAKE

Vicky Wiley

1 1/4 cups all-purpose flour

1 cup granulated sugar

1/2 cup cocoa, sifted

1/4 cup cornstarch

1/2 tsp baking soda

1/2 tsp salt

4 large egg whites

1 cup water

1/2 cup dark corn syrup

Measure first 6 ingredients into a medium bowl. Stir together and make a well. Place egg whites, water and corn syrup in separate bowl and whisk to mix. Pour into well and stir until smooth. Turn into greased 9x9 inch pan. Bake in a 350°F oven for about 30 minutes or until wooden pick inserted in centre comes out clean. Cut into 16 pieces. Dust with icing sugar if desired.

SO GOOD CHOCOLATE CAKE

Deanna

2 cups white sugar	1 tsp salt
1 3/4 cups all-purpose flour	2 eggs
1 cup unsweetened cocoa powder	1 cup milk
1 1/2 tsp baking powder	1/2 cup vegetable oil
1 1/2 tsp baking soda	2 tsp vanilla extract
	1 cup boiling water

Preheat oven to 350°F (175°C). Grease and flour two 9 inch round pans. In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt. Add the eggs, milk, oil and vanilla. Mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans. Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely. Use your favorite icing.

CHOCOLATE LAVA CAKES

Deanna

4 squares Baker's semi-sweet chocolate	2 whole eggs
1/2 cup butter	2 egg yolks
1 cup icing sugar	6 Tbsp flour
	Ice cream on the side

Heat oven to 425°F. Butter 4 (3/4 cup) ramekins. Place on baking sheet. Microwave chocolate and butter in large microwaveable bowl on High 1 minute or until butter is melted. Stir with whisk until chocolate is completely melted. Add 1 cup sugar; mix well. Blend in whole eggs and egg yolks. Stir in flour. Pour into ramekins. Bake 13 to 14 minutes or until sides are firm but centers are still soft. Let stand 1 minute. Carefully run small knife around edges of cakes to loosen. Invert cakes onto dessert plates. Remove cups. Cut in half. Serve warm with ice cream.

*Don't make the mistake of letting
yesterday use up too much of today.*

BAKED FUDGE DESSERT

Patty Muir

1 cup flour
1/2 cup sugar
1/2 tsp salt
2 tsp baking powder
5 Tbsp cocoa powder
1/4 cup shortening

1/2 cup milk
1/2 tsp vanilla
1/2 cup chopped nuts
1/2 cup brown sugar
1/2 cup corn syrup
3/4 cup boiling water

Mix together flour, salt, sugar, baking powder and 3 tablespoons cocoa. Cut in shortening and add milk, vanilla and nuts. Spread into 8x8 inch pan. Mix brown sugar, remaining cocoa and syrup. Add boiling water and mix well. Pour sauce over mixture in pan. Bake at 350° for 20 to 30 minutes.

GLUTEN FREE CHOCOLATE BROWNIES

D'Arcy Turner

4 oz bittersweet chocolate,
chopped
1/2 cup butter
1 cup sugar
2 eggs
1 egg yolk
1 tsp vanilla
1/3 cup ground almonds

1/3 cup gluten free baking flour
(such as Bob's Red Mill)
1 tsp baking powder
1/2 tsp salt
1 cup semi-sweet chocolate
chips
3/4 cup chopped toasted
almonds

In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter; let cool. Stir in sugar, eggs, egg yolk and vanilla until smooth. In separate bowl, whisk together ground almonds, gluten free baking flour, baking powder and salt; stir into chocolate mixture until smooth. Stir in chocolate chips and almonds. Spread in parchment paper lined 8 inch square metal cake pan. Bake in 350° oven until cake tester inserted in center comes out with a few moist crumbs clinging, 30 to 35 minutes. Let cool in pan on rack. Make ahead: Wrap and store for up to 2 days. Cut into squares. Makes 20 squares (205 calories per square).

*When you get to the end of your
rope, tie a knot in it and hang on.*

RICH CHOCOLATE VEGAN BROWNIES

Ghenet Adhanom

1 cup flour (you can use half
whole wheat flour here, if you
prefer)
3/4 cup cocoa powder
1 1/4 cups sugar
1/8 tsp baking powder
1/2 tsp salt

3/4 cup chocolate chips
1/4 cup chopped walnuts
(optional)
1/3 cup soy milk
1/3 cup extra light olive oil
1/4 cup silken tofu
1 Tbsp vanilla extract

Preheat oven to 350°F. In large bowl, whisk together flour, cocoa powder, sugar (or sucanat), baking powder, salt, walnuts and chocolate chips. In a blender, blend the soy milk, oil, tofu and vanilla. Add blended mixture to the flour mixture in the large bowl and stir until just combined. Batter will be thick. Spread batter out evenly into an 8 inch square oiled baking dish. Bake for 35 minutes or until toothpick inserted in the middle comes out clean.

FROSTED FUDGE BROWNIES

Orla Braun

1 cup plus 3 Tbsp butter or
margarine
3/4 cup baking cocoa
4 eggs
2 cups sugar
1 1/2 cups flour
1 tsp baking powder
1 tsp salt

1 tsp vanilla extract
Frosting:
6 Tbsp margarine
2 2/3 cups confectioners' sugar
1/2 cup baking cocoa
1 tsp vanilla extract
1/4 to 1/3 cup milk

In saucepan, melt butter; remove from heat. Stir in cocoa; cool. In mixing bowl beat eggs and sugar. Combine flour, baking powder and salt; gradually add to egg mixture. Stir in vanilla and the cooled chocolate mixture; mix well. Spread into greased 13x9 inch baking pan. Bake at 350° for 25 to 28 minutes until toothpick in centre comes out clean. For frosting, cream butter, confectioners' sugar, cocoa and vanilla. Add enough milk until the frosting achieves spreading consistency. Spread over brownies.

*A smile is a curve that can very
often set a lot of things straight.*

MOM'S BROWNIES

Deanna

3 squares Baker's unsweetened chocolate	2 eggs
1/3 cup margarine	1 cup sugar
2/3 cup flour	1 tsp vanilla
1/2 tsp baking powder	1 Tbsp margarine
1/4 tsp salt	1/4 cup milk
	1 1/4 cups icing sugar

Melt 2 squares chocolate with 1/3 cup margarine over low heat (microwave low). Gradually add sugar, beating with spoon until well blended. Beat eggs and add to chocolate mixture. Blend in vanilla. Stir flour, baking powder and salt together and add to mixture. Spread in greased 8x8 inch pan. Bake at 350°F for 25 to 30 minutes or until brownies peel away from side of pan. For glaze, melt last chocolate square with remaining margarine and milk; blend until smooth. Add icing sugar and blend well. Spread over brownies.

VELVET BROWNIES (Low Fat, Low Cholesterol)

Ghenet Adhanom

2/3 cup gluten free flour mix	3/4 cup sugar
1/3 cup cocoa powder	6 Tbsp unsweetened applesauce
1/2 tsp cinnamon	2 Tbsp vegetable oil
1/4 tsp salt	1 1/2 tsp vanilla
2 egg whites	1 Tbsp chopped nuts (your choice), optional
1 egg	

Preheat oven to 350°F. Spray 8x8 inch pan with oil. Combine flour mix, cocoa, cinnamon and salt. In another bowl whisk egg whites and egg slightly. Add sugar, applesauce, oil and vanilla until blended, but don't overbeat. Pour into prepared pan and sprinkle with optional nuts. Bake until set, about 25 minutes. Cool before cutting. Make 16 brownies. (Option: Replace applesauce with pear or pea puree baby food.)

*No one ever injured their eyesight by
looking on the bright side of things.*

TREASURE TOFFEE CAKE

Martha Chipak

1/4 cup sugar
1 tsp cinnamon
2 cups flour
1 cup sugar
1 1/2 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1 tsp vanilla

1 cup sour cream
1/2 cup margarine, softened
2 eggs
1/4 cup nuts, chopped
3 (1 1/8 oz) toffee bars, coarsely crushed
1/4 cup butter, melted

Combine 1/4 cup sugar with cinnamon and set aside. Blend at low speed the rest of the ingredients, omitting melted butter, toffee and nuts until mixed. Beat batter for 3 minutes at medium speed. Spoon half of batter into greased and floured bundt cake pan. Sprinkle with 2 tablespoons cinnamon sugar and spoon remaining batter on top (batter is thick). Mix nuts, toffee and cinnamon sugar. Place on top of cake. Pour melted butter over top. Bake at 350°F for 45 minutes. Cool for 15 minutes before removing from pan. Do not invert cake before this or toffee will run out. Dust with icing sugar.

DOMINIQUE'S BACARDI RUM CAKE

Martha Chipak

1 pkg yellow cake mix
1 pkg vanilla pudding
1/2 cup oil
1/2 cup amber rum
1/2 cup water
4 eggs

Glaze:
1/2 cup butter
1/2 cup white sugar
1/8 cup water
1/4 cup amber rum

Mix cake mix, pudding, oil, 1/2 cup rum, eggs and 1/2 cup water for 3 minutes or until mixed well. Place in bundt pan and bake at 350°F for 45 to 60 minutes. Leave in pan. For glaze boil butter, sugar and water for 5 minutes, stirring constantly. Remove from heat and add rum. Stir. Pour over cake in pan and let absorb. Remove from pan before serving.

*What you have outside counts less
than what you have inside you.*

CANADA CAKE

Vicky Wiley

1 cup sugar
2 eggs
1/2 cup milk
1 1/2 cups flour

1 1/2 tsp baking powder
Pinch salt
1 tsp vanilla

Cream butter and sugar; add unbeaten eggs and milk. Sift flour with baking powder and salt. Combine everything together and add vanilla. Bake in moderate oven 15 minutes. This is suitable for a layer cake with any kind of filling or icing.

GLUTEN FREE VANILLA CUPCAKES

D'Arcy Turner

1 cup (250 mL) granulated sugar
2 large eggs
1 1/4 cups (310 mL) brown rice
flour mix
1/4 tsp (1.5 mL) salt
1 1/2 tsp (7.5 mL) baking powder

1/2 tsp (2.5 mL) xanthan gum
1/2 cup (125 mL) canola oil
1/2 cup (125 mL) milk
1 tsp (5 mL) pure vanilla extract
Prepared frosting

Preheat oven to 350°F (180°C). Position rack in centre of oven. Place cupcake baking liners in a 12 cupcake baking pan. Beat sugar and eggs in large bowl of electric mixer at medium speed for 1 minute. Add flour, salt, baking powder, xanthan gum, oil, milk and vanilla; beat at medium speed for 1 minute. Pour batter into prepared pan. Place in centre of oven and bake for about 20 minutes or until centre springs back when touched and cupcakes are very lightly browned (bake about 35 minutes for 9 inch round, 40 minutes for 8 inch round). Cool on rack for 5 minutes. Remove cupcakes from pan onto rack and cool completely before icing. Top with your favourite frosting.

ROLL CAKE

Rita Celestino

3/4 cup white sugar
3/4 cup Swans Down cake flour
1/3 cup cooking oil
1/2 tsp vanilla

6 eggs
1/4 tsp cream of tartar
1 tsp baking powder
Pinch salt

Preheat oven to 325°F. Separate egg white from yolks. Add cream of tartar to the egg whites and beat until fluffy. Add egg yolk, oil, sugar (little by little), salt, baking powder, vanilla and cake flour in that order, beating continuously. Oil a cookie sheet and pour mixture. Bake for 12 to 15 minutes. Spread butter or margarine or other filling. Roll using Saran Wrap.

19 INCH CAKE

Camila Navarro

- | | |
|--|---------------------------------------|
| 18 egg whites (room temperature for 3 hours) | 3 cans peaches and juice |
| 3 cups white sugar | 1 1/2 L whipped cream liquid |
| 8 cups flour | 5 Tbsp sugar for whipping cream |
| 1 cup cornstarch | 1 small container maraschino cherries |
| 2 Tbsp baking powder | Alcohol of your choice (optional) |

Beat egg whites until stiff and firm; slowly add in sugar, forming a meringue. Mix dry ingredients together. Grease 19 inch pan and preheat oven to 350°F. Fold in dry ingredients and meringue with a fork until all mixed together. Pour into pan. Bake until toothpick in center comes out clean. Option: To peach juice add alcohol of your choosing or leave alcohol out. Let cake cool and cut in half; pour peach juice over both halves of cake. Cut up each peach slice into thirds (reserve some whole for garnish) and sprinkle in a single layer onto bottom of cake. Apply the top of the cake. Whip cream with sugar until stiff and spread to top and side of cake. Decorate cake with peach slices alternating with cherries.

GLUTEN FREE MATRIMONIAL CAKE

D'Arcy Turner

- | | |
|---|-------------------------------------|
| 2 cups gluten free rolled oats ("Only Oats" at health food store) | 2 tsp gluten free baking powder |
| 1 cup gluten free oat flour ("Only Oats") | 1 1/2 cups brown sugar |
| 1 cup rice flour | 1 cup butter |
| | 1 lb dates, cooked with 1 cup water |

Combine dry ingredients in a bowl; melt butter and add to mixture. Stir to combine. Cook dates with water. Put half of dry mixture on bottom of 13x9 inch pan. Spread dates on top. Add remaining dry mixture on top of dates. Press gently. Bake at 350° for 30 minutes.

HOMEMADE ICE CREAM CAKE

Roxanne Kroeker

- | | |
|---|-----------------------------|
| 1 box ice cream sandwiches | 1 pkg Skor chips |
| 1 jar each chocolate and butterscotch ice cream topping | 1 large container Cool Whip |

Place ice cream sandwiches on bottom of 9x13 inch cake pan. Cut to fit if necessary. Spread half the container of whip cream on top. Sprinkle with Skor bits. Drizzle with ice cream topping and repeat layers one more time. Freeze until ready to serve.

RASPBERRY DESSERT

Juliette Tokar

1st Layer:

1 1/2 cups flour

3/4 cup butter

**1/2 cup chopped pecans or
almonds**

2nd Layer:

1 large pkg raspberry Jello

1 cup hot water

1/2 cup cold water

1 pkg frozen raspberries

2 cups Cool Whip

3rd Layer:

1 cup Cool Whip

1st Layer: Press into a 9x13 inch pan and bake at 350°F for 15 to 20 minutes until golden brown.

2nd Layer: Mix first 4 ingredients and cool in fridge until nearly solid. Add Cool Whip and spread on base or 1st Layer.

3rd Layer: Spread with Cool Whip on top and drizzle grated chocolate on top.

LEMON BLUEBERRY FREEZE

*Juliette Tokar
Stacey Hammond*

3 cups whipping cream

1 1/2 cups sugar

4 tsp grated lemon rind

1/2 cup lemon juice

540 mL can blueberry pie filling

In bowl mix cream and sugar until sugar dissolved. Blend in lemon rind and lemon juice; mixture will thicken slightly. Pour mixture in 13x9 inch pan. Freeze until mixture is slightly firm, about 30 minutes. Remove from freezer and drop spoonfuls of blueberries in mixture. Using a knife, swirl blueberries in cream mixture. Cover and freeze until firm, 4 hours. Cut in squares to serve.

VALENTINE FROSTIES

*Administrative Staff of
Saskatoon Nephrology Group*

1 box frozen strawberries

1 can crushed pineapple

1/4 cup icing sugar

1 cup sour cream

Mix icing sugar and sour cream together. Add pineapple and thawed strawberries. Stir well. Put in 8x8 inch pan and freeze. Serve frozen.

DRUMSTICK CAKE

*Administrative Staff of
Saskatoon Nephrology Group*

Base:

1 box vanilla wafers, crushed
1/2 cup crushed peanuts
3 Tbsp peanut butter
1/4 cup margarine, melted

Filling:

8 oz pkg cream cheese
1/2 cup peanut butter
1/2 cup white sugar

4 eggs

1 large container Cool Whip

Chocolate Sauce:

1/3 cup chocolate chips
2 Tbsp butter
2 Tbsp heavy cream
2 Tbsp corn syrup
1/2 tsp vanilla

Base: Mix ingredients. Put 3/4 of base mixture into 9x13 inch pan. Save the rest for topping.

Filling: Mix cream cheese, peanut butter and sugar together. Add eggs one at a time. Mix well. Fold in Cool Whip. Pour over bottom crust.

Chocolate Sauce: (For top and also great on ice cream.) Melt together. Drizzle 1/2 cup over all and marble.

Add remaining crumbs over the top. Refrigerate or can be frozen. If frozen remove 20 minutes before serving. My family prefers frozen!

ECLAIR CAKE

Linda Johns

Cake:

1 box graham crackers
2 (4 serving size) boxes instant
vanilla pudding
3 1/2 cups milk
8 oz container frozen whipped
topping
1 tsp vanilla

Frosting:

1 1/2 cups icing sugar
1/2 cup cocoa
3 Tbsp butter, melted
1/3 cup milk
2 tsp light corn syrup
2 tsp vanilla

Butter bottom of 13x9x2 inch pan. Line with whole graham crackers. In bowl mix pudding, vanilla and milk with electric mixer. Beat at medium speed 2 minutes. Fold in whipped topping. Pour half pudding mixture over graham crackers. Place another layer of whole graham crackers on top of pudding layer. Pour remaining half of pudding mixture over wafers and cover with another layer of graham crackers.

Frosting: Blend together cocoa and sugar. Add butter and milk, mixing well. Add corn syrup and vanilla. Stir till creamy. Pour over graham cracker top of cake.

Cover and refrigerate 24 hours before serving.

CHEESE FACTORY PUMPKIN CHEESECAKE

Leesa Konecnik

1 1/2 cups graham cracker
crumbs
5 Tbsp butter, melted
1 Tbsp sugar
1 cup sugar
3 pkg softened cream cheese
1 tsp vanilla

1 cup canned pumpkin
3 eggs
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp allspice
Whipped cream

Preheat oven to 350°F. Make crust by combining graham crumbs with melted butter and 1 tablespoon sugar in medium bowl. Stir well enough to coat all crumbs with butter but still crumbly. Press onto bottom and sides of 9x13 inch pan. Bake for 5 minutes and set aside until filling is ready. In a large mixing bowl combine cream cheese, 1 cup sugar and vanilla, mixing with electric mixer until smooth. Add pumpkin, eggs, cinnamon, nutmeg and allspice; continue to beat until smooth and creamy. Pour filling onto crust. Place pan in larger roasting pan and add hot water to the roaster to make a water bath. Bake for 45 minutes until the middle is set.

KEY LIME CHEESECAKE SQUARES

Denise Schaan

Crust:

3/4 cup flour
1/4 cup brown sugar, packed
1/4 cup almonds, ground
1/4 cup margarine

Filling:

1 pkg cream cheese, softened
1/2 cup sugar
Egg
2 tsp lime rind, grated
4 tsp lime juice

Crust: Combine flour, sugar and almonds. Cut in margarine until mixture is crumbly. Press firmly in 8 inch pan. Bake at 350° for 15 minutes.

Filling: Beat all ingredients together until smooth and creamy. Spread evenly over crust. Bake at 350° for 12 to 15 minutes or until set.

Cool. Can be frozen.

*The past cannot be changed; the
future is still in your power.*

BROKEN GLASS DESSERT

Denise Schaan

- | | |
|---|--------------------------------------|
| 2 1/4 cups graham wafer crumbs | 1 tsp vanilla |
| 1/2 cup butter, melted | 1/4 cup brown sugar |
| 3 (3 oz) pkg jelly powders (red, green, lemon) | 4 1/2 cups boiling water |
| 1/4 cup cold water | 1 envelope unflavored gelatin |
| 1 cup whipping cream | 1 cup pineapple juice, heated |
| | 1/4 cup sugar |

Mix the graham wafer crumbs, butter and brown sugar together and put in bottom of large pan, 9x13 inches. Dissolve the three jelly powders in 1 1/2 cups boiling water to each package. Set each one in pans about 1/4 inch thick. When well set, cut into 1/4 inch cubes. Dissolve the gelatin in the cold water; add to the hot pineapple juice. Cool until thickened. Whip cream, add sugar gradually, then vanilla. Fold in pineapple mixture and jelly cubes. Pour on top of graham wafer crumbs. Set. Keep refrigerated.

GLUTEN FREE LEMON SQUARES

D'Arcy Turner

- | | |
|------------------------------------|-------------------------------|
| 1 cup gluten free flour mix | 1 cup granulated sugar |
| 1/4 cup icing sugar | 3/4 tsp salt |
| 1/2 cup butter, softened | 2 Tbsp lemon juice |
| 2 eggs | 1 tsp baking powder |

Preheat oven to 350°F and lightly grease an 8 inch square pan. Sift together the flour mixture and icing sugar. Whip the butter till fluffy, then blend in the combined flour mixture. Press evenly in the greased pan. Bake 20 minutes. Beat together the eggs, granulated sugar, baking powder, salt and lemon juice; pour over the crust. Bake 20 minutes more. Cut into squares when cooled. Makes 16 squares.

GLUTEN FREE FLUFFY CHEESECAKE

D'Arcy Turner

- | | |
|---|---|
| Gluten free gingersnap cookies, crushed to equal 1 cup | 8 oz tub Cool Whip whipped topping, thawed |
| 1/4 cup melted butter | Fresh fruit or fruit topping of choice |
| 8 oz pkg cream cheese | |
| 1/3 cup sugar | |

Prepare crust. Combine crushed gingersnap cookies with melted butter and gently pat into 8x8 inch glass pan or 9 inch glass pie plate. Chill in fridge while preparing filling. Beat cream cheese and sugar in large bowl with electric mixer on high speed until smooth. Gently stir in whipped topping. Spoon onto crust. Refrigerate 3 hours or until set. Garnish as desired. Makes 8 servings.

E.D. Smith cherry pie filling is gluten free. Always read labels to confirm.

EASY CHERRY CHEESECAKE

*Administrative Staff of
Saskatoon Nephrology Group*

2 1/2 cups graham wafer crumbs	1 cup icing sugar
1/2 cup brown sugar	1 large container Cool Whip
1/2 cup butter or margarine	Cherry pie filling
8 oz cream cheese	

Melt butter and brown sugar together; mix with crumbs. Pack in bottom of greased 9x13 inch pan. Beat cream cheese and icing sugar together. Fold in Cool Whip (can use mixer). Pile on top of crumb crust. Top with cherry pie filling. Refrigerate.

DELICIOUS CHERRY CHEESECAKE (Unbaked) *Deanna*

Graham Cracker Crust:	Filling:
1 1/4 cups graham cracker crumbs	8 oz pkg cream cheese
1/4 cup margarine, softened	1 cup powdered sugar
1/4 cup sugar	1 tsp vanilla extract
	1 cup heavy cream, whipped
	12.5 oz can cherry pie filling (or other filling of your choice)

Mix together graham cracker crumbs, margarine and sugar in a bowl until well incorporated and crumbly. Press into a pie plate going up the sides as much as possible. Beat together the cream cheese, sugar and vanilla in a bowl until smooth and spreadable. Whisk whipped cream into cream cheese mixture until smooth. Pour cream cheese into prepared crust. Smooth the top with a spatula and refrigerate until firm, about 2 to 3 hours. Spread the cherry pie filling over the top and refrigerate until serving.

MIKE'S EASY DECADENT CHOCOLATE SURPRISE

Tracey Collins

McCain chocolate deep and delicious cake	2 to 3 cups Cool Whip
1 pkg prepared chocolate pudding	Chocolate shavings

Put chocolate cake upside down in rectangular glass pan. Pour pudding over and spread over top. Cover with Cool Whip and top with sprinkle of chocolate shavings. Serve.

LAYERED LEMON DESSERT

Faye Prentice

1 cup margarine
2 cups flour
1 cup finely chopped pecans
2 (8 oz) pkg cream cheese
1 cup icing sugar
1 cup whipping cream, whipped
2 (2.9 oz) pkg lemon pie filling
mix

1 cup sugar
4 1/2 cups cold water, divided
4 egg yolks
2 cups whipping cream
2 Tbsp sugar
1 tsp vanilla extract

In a bowl, cut margarine into flour until mixture resembles coarse crumbs; stir in pecans. Press into 9x13 inch pan. Bake at 350° for 15 minutes. Cool. In mixing bowl, combine cream cheese and icing sugar; mix well. Fold in whipped cream; spread over cooled crust. In a saucepan, combine pie filling mix, sugar, 1 cup water and egg yolks until smooth. Stir in remaining water. Bring to a boil over medium heat; cool. Spread over cream cheese layer. In a small bowl beat cream, sugar and vanilla until stiff peaks form; spread over lemon layer. Refrigerate until serving.

PINEAPPLE CRUNCH

Roxanne Kroeker

1 cup crushed corn flakes
1 Tbsp sugar
1/3 cup butter, melted
2 Tbsp cornstarch

2 cans crushed pineapple,
undrained
2 cups vanilla ice cream,
softened
1 pkg instant vanilla pudding

In a bowl, combine corn flake crumbs with sugar and butter. Press into 9 inch square pan. Bake at 350°F for 10 minutes. Cool on rack. In a saucepan, combine cornstarch and pineapple until blended. Bring to a boil. Cook and stir for 2 minutes or until thickened. Cool. In a bowl, beat ice cream and pudding mix on low for 2 minutes until blended and thickened. Spoon over crust. Top with pineapple mixture. Refrigerate until serving. (Alternative: Substitute 1 can cherry pie filling instead of pineapple mixture but omit boiling.)

*When you throw a little mud,
you lose a little ground.*

CHOCOLATE TRIFLE

Jane Dutchuk

Chocolate cake mix (or your favourite recipe)
2 pkg instant chocolate pudding (prepare as per directions)
1 large container Cool Whip

3 Skor bars, finely broken
1 pkg Skor bits
1 Skor bar, finely broken (saved for garnish)

Prepare cake and cool (if serving only to adults, fork cake before cutting and drizzle with Kahlua). Cut cake into small chunks. Using a large trifle bowl or large glass bowl layer cake, pudding, some of the Skor bits and some of the chocolate bar and then Cool Whip. Repeat layers and garnish top of bowl with Skor bar only.

STRAWBERRY TIRAMISU

Michelle Rindall

1 pkg cream cheese
1 1/4 cups milk
1/4 cup prepared coffee
1 pkg vanilla pudding
2 cups Cool Whip

1 pkg ladyfingers, split lengthwise
2 pt fresh strawberries, sliced
6 squares Baker's chocolate, grated

Beat cream cheese until smooth. Gradually add 1/2 cup milk and 1/8 cup coffee. Beat in pudding and remaining milk. Brush remaining coffee over ladyfingers. Line bowl with 1/2 of the ladyfingers and then 1/2 of the cream cheese mixture; sprinkle with 1/2 of the chocolate. Repeat layers. Top with Cool Whip and garnish with strawberries.

TIRAMISU

Iris Keindel

2 pkg ladyfingers
2 (8 oz) pkg cream cheese or 14 oz mascarpone cheese
4 eggs, separated
1/4 cup white sugar

2 cups cold strong black coffee or 1 1/2 cups coffee and 1/2 cup Kahlua
Cocoa powder
Whipping cream

Whip egg whites until stiff; set aside. Beat eggs and sugar until creamy. Add cheese and beat until smooth. Fold in whipped egg whites. Dip ladyfingers in coffee/Kahlua and arrange a layer in bottom of bowl or oblong pan. Pour 1/2 of mixture over ladyfingers. Build another layer as above, then cover with remaining mixture. Whip cream and spread on top of cream cheese filling and dust with cocoa. May omit whipping cream layer if desired.

TIRAMISU

Sue Twigg

1 cup whipping cream
4 oz cream cheese at room temperature
3 Tbsp icing sugar
1/2 cup strong black coffee, cooled

2 Tbsp dark rum
1 loaf pound cake, cut into 1 inch thick slices
1/4 cup shaved semi-sweet chocolate
Unsweetened cocoa for dusting

In a large bowl using an electric mixer beat cream, cream cheese and icing sugar until blended. In a small bowl combine coffee and rum. In a 2 quart baking dish lay 1/2 the cake slices in a single layer. Brush with 1/2 the coffee mixture. Top with 1/2 the cream layer and the chocolate shavings. Repeat. Dust top with cocoa powder. Cover and refrigerate at least 4 hours before serving. Serves 8.

EASY RICE PUDDING

Rita Celestino

1 cup quick cooking rice
3 cups milk
3 3/4 oz pkg vanilla pudding mix
1/4 tsp salt

Optional:
1/2 tsp cinnamon
1/2 cup raisins
Nutmeg

Combine rice, pudding mix, salt and cinnamon in a 2 1/2 to 3 quart casserole dish. Stir in milk gradually. Cook in microwave on medium heat, covered, for 7 to 9 minutes or until mixture begins to boil. Stir halfway through with a wire whisk. Stir in raisins. Sprinkle with nutmeg as desired. Serve warm or chilled. Can be made in a slow cooker.

LOW FAT RICE PUDDING

Verna Bloom

2 1/2 cups (625 mL) skim milk
1 can 2% or skim evaporated milk
1/2 cup (125 mL) short grain rice

1/3 cup (75 mL) raisins (optional)
1/4 cup packed brown sugar
Pinch grated nutmeg
1 tsp vanilla

In heavy saucepan combine skim milk, evaporated milk, rice, raisins, sugar and nutmeg. Bring to a boil over medium high heat, stirring twice. Reduce heat to low. Simmer, covered, for 30 to 40 minutes, stirring occasionally, until rice has absorbed most of the milk. Remove lid. Simmer 2 to 3 minutes or until thick and creamy. Remove saucepan from heat. Let stand 10 minutes. Stir in vanilla.

Per Serving: 327 calories, 3 g fat (if use 2% evaporated milk); excellent source of calcium.

RHUBARB TAPIOCA

Carol Gudmundson

3/4 cup orange juice
1/2 cup water
1/4 cup quick cooking tapioca

3 cups rhubarb, diced
1/4 to 1/2 cup sugar

Microwave on high for 4 minutes orange juice, water and tapioca. Add rhubarb and microwave 5 to 6 minutes more. Add sugar. Serve plain or over ice cream.

STICKY DATE PUDDING WITH TOFFEE SAUCE

Norma Friesen

Pudding:
1 3/4 cups packed pitted dates
2 cups water
1 1/2 tsp baking soda
2 cups flour
1/2 tsp baking powder
1/2 tsp ground ginger
1/2 tsp salt
6 Tbsp butter

1 cup sugar
3 eggs
Sauce:
3/4 cup plus 2 Tbsp butter (not
margarine)
1 1/2 cups brown sugar
1 cup heavy cream
1/2 tsp vanilla

Pudding: Preheat oven to 375°. Butter and flour an 8 inch square pan. Coarsely chop dates and simmer in water for 5 minutes. Remove from heat and stir in baking soda (mixture will foam). Let stand for 20 minutes. Meanwhile sift flour, baking powder, ginger and salt. In larger bowl beat butter and sugar till light and fluffy. Beat in eggs one at a time. Add flour mixture in 3 batches, beating after each addition till just combined. Add date mixture and with a wooden spoon stir till just combined well. Pour batter into baking pan and set into a larger baking pan. Add enough hot water to the larger pan to reach halfway up sides of smaller pan. Bake 35 to 40 minutes until tester comes out clean. Remove smaller pan from water and cool on rack.

Make sauce while pudding is cooling.

Sauce: In a 1 1/2 to 2 quart saucepan melt butter over moderate heat then add brown sugar. Bring to boil, stirring occasionally, then add cream and vanilla. Simmer sauce until thickened slightly, about 5 minutes, stirring occasionally.

Cut warm pudding into squares and add sauce. Serve with ice cream. Serves 6 to 8 generously.

This is an Australian dessert that is served in many restaurants in Australia. Excellent!

UPSIDE-DOWN CHOCOLATE FUDGE PUDDING

Linda Johns

1 cup flour
2 tsp baking powder
3/4 cup sugar
1/2 tsp salt
3 Tbsp cocoa
1/2 cup milk

2 Tbsp margarine, melted
1/4 cup chopped pecans
3/4 cup brown sugar
1/2 cup cocoa
2 cups boiling water

Preheat oven to 350°. Mix flour, baking powder, sugar, salt and cocoa together. Combine milk and melted margarine. Add to the dry ingredients to form a stiff mixture. Add nuts if desired. Put into greased 8x8 inch baking pan. Combine brown sugar, cocoa and boiling water. Pour over batter and bake for 40 minutes. Serve warm with ice cream.

KILLER MOUSSE

Sandy Knezacek

7 oz semi-sweet chocolate plus 1 oz grated
1 oz unsweetened chocolate
4 Tbsp sugar
4 Tbsp milk
4 eggs, separated
1 pt whipping cream
1 tsp vanilla

Melt chocolate (reserve grated chocolate for later). Add sugar and milk to egg yolks and mix. Add egg mixture to melted chocolate. Pour into large bowl to cool. Beat egg whites until stiff. Fold into chocolate. Beat cream until stiff. Fold into chocolate. Add vanilla and half of the grated chocolate and mix. Refrigerate at least 2 hours. Top with rest of grated chocolate and serve.

CARAMEL PUDDING

Joelle Percival

1 cup water
1 cup brown sugar
1/2 tsp butter
1 cup flour
1/2 cup sugar

3 tsp baking powder
Pinch salt
1/2 cup milk
1/2 tsp vanilla

Mix water, brown sugar and butter in 8x8 inch pan. Melt in microwave for 2 minutes. Mix flour, sugar, baking powder, salt, vanilla and milk until moistened. Drop by tablespoonful over liquid. Bake at 350°F for 30 to 40 minutes.

BUTTERSCOTCH PUDDING

Ghenet Adhanom

- | | |
|--|--|
| 1 1/4 cups self-rising flour (soy and gluten free) | 60 g margarine (dairy free), melted and cooled |
| 1 tsp gluten free baking powder | 1 egg or equivalent egg replacer |
| 1/3 cup brown sugar, firmly packed | 1 Tbsp golden syrup |
| 2/3 cup rice drink | 2/3 cup brown sugar, firmly packed |
| | 1 2/3 cups boiling water |

Preheat oven to 325°F. Lightly grease a 5 cup ovenproof dish with margarine. Sift flour and baking powder into a large bowl. Add 1/3 cup brown sugar. In a separate bowl, whisk the rice drink, margarine, egg and 1 tablespoon golden syrup together. Pour into the flour mixture and whisk until smooth batter forms. Pour into prepared dish. Place the dish on a baking tray. Sprinkle the remaining brown sugar over the batter. Combine remaining golden syrup and boiling water and carefully pour over the batter. Bake the pudding for 35 to 40 minutes or until a skewer inserted into the pudding comes out clean. Set the pudding aside for 5 to 10 minutes to allow the sauce to thicken slightly before serving.

TOASTED MAPLE PECAN DESSERT

Lorne Sperling

Toast English muffin. While hot, pour maple syrup over and let it seep in crust. After, put a layer of butter or margarine over the syrup and put pecan halves or walnut pieces and eat as a dessert sandwich.

PAVLOVA

Carol Smith

- | | |
|-------------------------------------|---|
| 6 Tbsp cold water | 1/2 Tbsp cornstarch |
| 6 large egg whites | 250 mL whipping cream |
| 1 1/4 cups berry sugar (extra fine) | Sugar, to taste |
| 1/2 Tbsp vinegar | 1/2 tsp vanilla essence |
| 1 tsp vanilla essence | Berries, kiwifruit, apricots to garnish |

Prepare a springform pan (9 or 10 inches) with a double layer of baking paper. Wet the paper and pan with cold water. Preheat oven to 350° (180°C). Mix and beat all ingredients together until it is glossy white and all the sugar is dissolved and peaks form. Turn gently into pan and bake 15 minutes. Turn oven temperature down to 300°F (150°C) for about 5 minutes. When starting to brown, turn oven off. Leave the door closed for several hours. To serve, whip cream to spreading consistency and garnish top with kiwifruit and berries of your choice. If using apricots, purée drained canned apricots and fold gently into whipped cream before topping your pavlova.

PAVLOVA

Sheila Clancy

4 egg whites
1/2 tsp salt
1/4 tsp cream of tartar
1 cup fine granulated sugar
4 tsp cornstarch
1 tsp white wine vinegar

1 tsp vanilla extract
1 cup heavy cream
2 to 3 cups strawberries, sliced
and sprinkled with
sugar/Grand Marnier

Preheat oven to 275°F. Beat egg whites, salt and cream of tartar together in a bowl until whites hold a stiff peak. Add sugar, a few tablespoons at a time, beating until mixture is stiff and glossy. Beat in the cornstarch, then the vinegar and the vanilla. Butter and lightly flour a loose bottomed 8 inch cake pan and fill gently with the meringue mixture, spreading it higher around the edges than in the center of the pan to form a depression. Bake cake for 1 to 1 1/4 hours or until the meringue is firm and lightly browned. Pavlova will remain moist inside. Cool slightly; unmold, slide onto a serving plate and cool completely. Lightly whip cream. Just before serving, spread the pavlova with whipped cream and then with strawberries. Serve immediately. Serves 4 to 6.

BANANA FLAMBÉ

Judy Walker

1/4 cup butter
1/2 cup brown sugar
1/2 tsp cinnamon

Bananas
1/2 cup white rum (or your
favourite liquor)

Quarter the bananas. Mix butter, brown sugar and cinnamon in a saucepan and boil on stove to make syrup. Soak bananas in syrup for 3 to 4 minutes and remove. Heat the rum in a separate pan until warm. Pour rum over bananas and flambé at tableside.

RHUBARB CUSTARD PIE

Patty Muir

2 eggs
1 cup sugar
2 Tbsp flour
Pinch salt

1/8 tsp cinnamon
2 Tbsp milk
3 cups rhubarb

Mix together and put in double pie crust. Bake at 425° for 10 minutes then reduce heat to 325° for 30 minutes.

TERRY'S RHUBARB CUSTARD PIE

Darlene Cymbalisty

1 cup sugar
2 Tbsp flour
2 eggs, separated

2 Tbsp melted butter
2 1/2 cups rhubarb, chopped

Mix sugar with flour. Sprinkle over rhubarb and set aside. Beat egg yolks and add butter. Stir in rhubarb. Put in unbaked pie crust. Bake 30 minutes or until set. Test with knife. Beat egg whites until stiff and then sweeten to taste. Spoon meringue onto pie. Use a fork to form peaks. Brown carefully.

RHUBARB SOUR CREAM PIE

Glenda Day

4 cups rhubarb, chopped
1 egg
1 1/2 cups sugar
1 cup sour cream
1/3 cup all-purpose flour

1/2 cup all-purpose flour
1/2 cup packed brown sugar
1/4 cup butter, melted
Pastry recipe of your choice

Make pastry to fit a 9 inch deep dish pie plate. Arrange rhubarb evenly in pie shell. In a bowl whisk together egg, sugar, sour cream and 1/3 cup flour until smooth. Pour over fruit. For topping, in a small bowl mix 1/2 cup flour with sugar; drizzle in butter and mix with a fork until crumbly. Sprinkle over filling. Bake in bottom third of oven at 450°F for 15 minutes. Reduce heat to 350°F until filling is slightly jiggly and topping is golden, approximately 40 minutes. Let cool completely before cutting.

STRAWBERRY PIE

Judy Walker

1 cup sugar
1 Tbsp cornstarch
1/8 tsp salt

3 cups fresh strawberries
1 Tbsp butter
Double crust

Mix sugar, cornstarch and salt together and add to berries. Line pie pan with pastry. Add filling, dot with butter and cover with top crust. Bake at 450°F for 10 minutes. Reduce heat to 350°F for 30 minutes. (Option: Use raspberries instead of strawberries.)

*A pessimist complains about the
noise when opportunity knocks.*

TURTLE TARTS

Darlene Cymbalisty

18 tart shells
1/2 cup condensed milk
1/2 cup brown sugar
1/2 cup margarine

2 Tbsp corn syrup
Pecan halves
1 box chocolate Rosebuds

Precook tart shells as directed. Boil condensed milk, brown sugar, margarine and corn syrup until smooth. Remove from heat. Place a pecan half in each tart shell. Spoon 1 to 2 tablespoons of filling over each pecan. Place a Rosebud on top and a few pecan crumbs. Set in a cool place to cool and set.

BUTTER TARTS

Annette Mireau

1/3 cup butter
1 cup brown sugar
2 Tbsp cream
1/2 cup raisins

1 egg
1 tsp vanilla
Uncooked tart shells

Combine first 6 ingredients and fill tart shells. Cook at 350° until tart crust is golden brown.

BUTTER TART SLICE

Stacey Hammond

1/2 cup butter
1 cup flour
2 Tbsp sugar
1 cup brown sugar
1 tsp vanilla

1 Tbsp vinegar
1/4 cup melted butter
1 cup raisins
2 eggs

Combine 2 tablespoons sugar, flour and butter and press into 8x8 inch pan. Mix the remaining ingredients and pour over base. Bake at 350°F for 30 to 35 minutes. You can double the filling if you want a thicker slice.

BROWN BAG APPLE PIE

Melanie Burwell

7 cups cut up apples
1/2 cup sugar
1/2 cup flour
1/2 cup margarine

1/2 cup sugar
2 Tbsp flour
2 Tbsp lemon juice

Toss apples in flour, sugar and lemon juice. Put into your favorite pie crust bottom. Crumble together the sugar, flour and margarine. Spread over top of apples. Slide into paper bag. Fasten with paper clips or with staples. Place on cookie sheet. Bake at 425°F for 1 hour.

IMPOSSIBLE PIE

Stacey Hammond

4 eggs
1/2 cup margarine
1/2 cup flour
2 cups milk

1 cup sugar
1 cup coconut
2 tsp vanilla
1/4 tsp nutmeg

Blend all ingredients together. Pour mixture into a 10 inch greased pie plate. Cook at 350° for 1 hour.

FLAPPER PIE

Judy Walker

1 1/2 cups graham crumbs
1/4 cup sugar
1/3 cup melted butter
1/2 cup sugar
2 Tbsp cornstarch
1/4 tsp salt

2 egg yolks
1 Tbsp butter
1 tsp vanilla
2 cups milk
1 Tbsp flour

Mix first 3 ingredients for a pie crust. Cook 5 minutes at 350°. In a large pot mix sugar, cornstarch, salt, flour and milk. Cook and stir until thick. Blend in yolks, butter and vanilla. Cook for 5 minutes. Allow to cool and pour into pie crust. Top with whip cream or meringue.

CINNAMON APPLE STRUDEL

Linda Lichtenwald

6 layers phyllo dough
1/4 cup brown sugar
1/2 cup butter
1 tsp cinnamon

3 Granny Smith apples, peeled,
cored and diced
2 Tbsp sugar
1/2 tsp cinnamon
1/2 cup raisins (optional)

Preheat oven to 350°F. Stack layers of dough, brushing each layer with butter before topping with next layer. Brush top layer with butter. In a bowl combine apples, raisins, sugar and cinnamon. Spoon filling down the left long side of phyllo rectangle. Fold top edge down and bottom edge up by about 2 inches to cover filling. Roll dough up along long side to enclose filling. Brush log with butter and sprinkle with cinnamon sugar mixture. Bake for 45 minutes or until golden and puffed. Bake in a glass baking dish. Makes 2 rolls.

DANISH APPLE BARS

Alisa Funk

2 1/2 cups flour	4 cooking apples
1 tsp salt	1 cup white sugar
1 cup shortening	1 tsp cinnamon
1 egg, divided	1 cup icing sugar
Milk	1/2 tsp vanilla
1 cup crushed corn flakes	1 Tbsp water

Sift flour and salt. Add 1 cup shortening. Mix until crumbly. Combine 1 slightly beaten egg yolk with enough milk to make 3/4 cup liquid. Mix and divide dough in half. Roll out onto pan and sprinkle 1 cup crushed corn flakes. Arrange 4 sliced cooking apples. Combine 1 cup sugar and 1 teaspoon cinnamon and sprinkle over apples. Roll remaining dough. Beat egg white without sugar until stiff and peaks are formed. Dab on top of crust. Bake at 400°F for 45 minutes to 1 hour long. While still warm, ice with last 3 ingredients.

MAPLE APPLE & BLUEBERRY CRISP

Linda Johns

6 cups sliced peeled apples	Topping:
300 g pkg frozen blueberries (can use fresh)	1/2 cup packed brown sugar
1/4 cup sugar	1/2 cup flour
2 Tbsp flour	1/2 cup rolled oats
1 Tbsp lemon juice	1/2 tsp cinnamon
1/4 tsp cinnamon	1/3 cup maple syrup
	2 Tbsp butter, melted

In large bowl, toss together apples, blueberries, sugar, flour, lemon juice and cinnamon. Spread in 8 inch square baking dish.

Topping: In bowl, combine brown sugar, flour, rolled oats and cinnamon. Pour in maple syrup and butter; toss till moistened. Sprinkle over fruit.

Bake at 350° for 1 hour or till golden brown.

*Tomorrow is the longest day of the week. It has
to be because of all the things we are going to do.*

GERRY'S CHIPPY DIPPY BAR

Leesa Konecnik

1/2 cup margarine
1 to 1 1/4 cups graham wafer
crumbs
1 cup chocolate chips

1 cup butterscotch chips
1 cup chopped nuts
1 cup shredded coconut
1 can condensed milk

In a 9x13 inch glass pan add margarine and melt in microwave. Roll margarine around edges of pan to coat. To margarine sprinkle graham crumbs and then sprinkle remaining ingredients on top, finishing with condensed milk. Bake at 350°F for 20 to 25 minutes until the top is browned and bubbly. Allow to cool before cutting.

TOFFEE ALMOND TREATS

Tristan Tkachuk

Crust:

1 cup flour
1 cup oats
1 cup packed brown sugar
1 tsp baking soda
1/2 cup butter

Topping:

1/2 cup corn syrup
1/3 cup packed brown sugar
1/4 cup butter
1/4 cup whipping cream
1 1/2 cups sliced almonds
1 1/2 tsp vanilla

Combine all crust ingredients. Mix till crumbly and press into 9x13 inch pan. Bake at 350° for 10 minutes. Combine all topping ingredients, except almonds and vanilla, in a saucepan. Bring to a boil over medium heat, stirring occasionally. Remove from heat and stir in almonds and vanilla. Pour over crust, spreading evenly. Bake at 350° for 15 to 20 minutes or till golden. Cool on wire rack. Cut into triangles, squares or bars. Store in fridge. Freezes well.

ALMOND CRUNCH

Norma Friesen

1 box graham crackers
1 pkg slivered almonds

1 cup margarine
3/4 cup brown sugar

Line a 9x9 inch or small cookie sheet with whole graham wafers; cover with almonds. Boil margarine and brown sugar together until bubbly, 3 to 4 minutes. Pour over almonds and bake 7 to 10 minutes at 350°F. Cut before completely cooled.

COFFEE BARS

Jeanette Ens

1 cup raisins
1 cup coffee (1 tsp instant in 1
cup boiling water)
1 cup sugar
2 eggs
1/2 tsp baking powder
Dash salt

1/2 cup shortening
2 cups flour
1/2 tsp baking soda
1 tsp cinnamon
2 cups icing sugar
1/2 tsp butter
Small amount boiling water

Pour coffee over raisins and set aside. Beat sugar with shortening; beat in eggs. Mix in dry ingredients and then raisins with coffee. Bake on greased cookie sheet at 350°F for 12 to 15 minutes. For icing combine icing sugar with butter and boiling water. Ice bars while still warm.

SKOR BAR

Andrea Wiebe

1 pkg soda crackers
1 cup margarine
1 cup brown sugar

300 g (1 1/2 cups) chocolate
chips

Line 13x9 inch pan with soda crackers. Preheat oven to 350°F. Mix margarine and brown sugar. Cook over medium heat till just bubbly. Pour over crackers. Bake for 15 minutes. Sprinkle chocolate chips over. Put in oven for 1 minute to melt. Spread out with a spatula. Put in freezer for 30 minutes or more. Break apart. Freezes well.

TOFFEE BIT BARS

Sandy Knezacek

1 cup butter or margarine
1 cup brown sugar
1 tsp vanilla
1 egg yolk

2 cups all-purpose flour
1 1/4 cups Skor toffee bits
2 cups chocolate chips

Preheat oven to 350°F. Line a 15 1/2x10 1/2 inch rimmed baking sheet with parchment paper. Beat butter and brown sugar until fluffy. Beat in egg yolk and vanilla. Stir in flour and 1 cup Skor bits. Press evenly into baking sheet. Bake 18 to 20 minutes or until light brown. Immediately sprinkle chocolate chips over base. Let stand for 5 minutes then spread evenly over base. Sprinkle remaining toffee bits over chocolate. Cool until chocolate sets, about 2 to 3 hours. Cut into pieces. Cools faster in fridge.

TWIX BAR

Leesa Konecnik

1 cup plus 3 Tbsp butter
3/4 cup brown sugar
1 1/4 cups flour

2 Tbsp cornstarch
1/2 cup condensed milk
1/3 cup chocolate chips

Cream 1/2 cup plus 2 tablespoons butter with 1/4 cup sugar and flour. Press into pan. Bake at 375° for 20 to 25 minutes. Mix 1/2 cup butter with corn syrup, brown sugar and condensed milk in a saucepan. Boil for 5 minutes using low heat. Pour over shortbread base. Melt chocolate and butter. Spread over caramel base. Cut into small pieces as very rich.

HEALTH BARS

Ghenet Adhanom

4 cups gluten free cereal flakes,
crushed
1 1/2 cups sliced almonds,
crushed

3/4 cup dried fruit, chopped
3/4 cup junior baby apricots
3/4 cup corn syrup
3 Tbsp almond butter

Preheat oven to 325°F. Spray a 15x10 inch jelly roll pan with oil. In a large bowl stir together cereal, crushed almonds and dried fruit. In a small saucepan, cook together apricots, corn syrup and almond butter for 4 minutes, approximately. Pour over cereal blend and mix thoroughly. Spread batter in prepared pan and bake for 20 minutes. Let cool before cutting into bars. Makes 4 dozen. (Option: Replace almond butter with margarine or use peanut butter. Replace apricots with applesauce.)

CHOCOLATE BAR

Ghenet Adhanom

1/2 cup butter
2 cups graham cracker crumbs
1 cup organic chocolate chips
1 cup butterscotch chips

1 cup shredded coconut
1 cup macadamia nuts, chopped
15 oz sweetened condensed milk

Melt butter in 9x13 inch pan. Press graham crackers in pan on top of butter. Combine the chocolate chips, butterscotch, coconut and macadamia nuts. Pour sweetened condensed milk on top. Bake at 350° for 25 to 30 minutes. Cool completely. Cut into bars.

*Count your age by friends, not years.
Count your years by smiles, not tears.*

REESE BARS

Margaret Wiebe

3 cups icing sugar
1 2/3 cups graham crumbs
1 cup melted margarine
1 1/2 cups peanut butter
3/4 pkg chocolate chips
3 Tbsp butter

Combine icing sugar, graham crumbs and melted margarine. Press into a small cookie sheet. Melt peanut butter, chocolate chips and butter. Spread on top of crumb mixture. Chill and serve.

GLUTEN FREE EATMORE BAR SQUARE

D'Arcy Turner

1 1/2 cups peanut butter
2 cups corn syrup
3 cups chocolate chips
4 cups crushed peanuts

Combine first 3 ingredients in a pan and boil 2 minutes. Remove from heat. Add peanuts. Stir till combined. Press/spread onto large cookie sheet. Chill in fridge. Cut into squares and serve immediately. Keep in fridge prior to serving as softens at room temperature.

EATMORE SQUARES

Poppy Lowe

3/4 cup peanut butter
1 cup corn syrup
1 1/2 cups chocolate chips
1 tsp vanilla
2 cups unsalted peanuts,
chopped

Boil first 3 ingredients 2 minutes (to soft ball stage). Stir constantly. Add vanilla. Add peanuts. Pour into 10x8 inch greased pan. Cool and cut into rectangles. Works great to make in microwave as well.

CORN FLAKE SQUARES

Linda Lichtenwald

60 large marshmallows
2/3 cup margarine or butter
5 cups corn flakes
2/3 cup chopped pecans
2/3 cup chopped almonds
2/3 cup shredded coconut
1 tsp vanilla

Melt marshmallows and butter on low heat. Add vanilla. Add remaining ingredients and stir to combine. Put in greased 9x13 inch pan. Chill. (Option: Use 6 cups mini marshmallows instead of large.)

PEANUT BUTTER SQUARES

D'Arcy Turner

1/2 cup brown sugar
1/2 cup corn syrup
1 cup peanut butter
2 cups corn flakes
1 cup Rice Krispies

1 tsp vanilla
1/2 cup brown sugar
2 Tbsp margarine
3 Tbsp coffee cream
1 cup icing sugar

Melt corn syrup with 1/2 cup sugar and bring to a boil. Mix in peanut butter, vanilla and cereals. Spread into greased pan. For icing, boil for 2 minutes sugar, cream and margarine together. Cool and then add icing sugar.

PEANUT BUTTER SQUARES

Brenda Trapp

1 pkg chocolate or butterscotch chips
1 cup peanut butter

1/2 cup butter
1 pkg miniature marshmallows

In double boiler, melt butter and chocolate chips. When melted mix in peanut butter. Add marshmallows and put into 8x10 inch pan in fridge overnight. Take out of fridge and cut into squares.

PECAN SQUARES

Sheila Clancy

2/3 cup confectioners' sugar
2 cups unbleached all-purpose flour
1/2 lb butter, softened
2/3 cup melted butter
1/2 cup honey
3 to 6 Tbsp cream (enough to soften)

1/2 cup brown sugar
3 1/2 cups pecans, coarsely chopped
2/3 cup semi-sweet chocolate chips
2 Tbsp butter

Preheat oven to 350°F. Grease 9x12 inch pan. For crust, sift confectioners' sugar and flour together. Cut in 1/2 pound of butter until fine crumbs are produced. Pat crust into pan and prick crust with fork. Bake for 20 minutes. Remove from oven and set aside. For middle layer, mix melted butter, honey, cream and brown sugar together. Stir in pecans and mix to coat them thoroughly. Spread over crust. Return to oven and bake for 25 minutes. Cool. For topping, melt chocolate chips and butter over low heat. Cool. When cool but still runny spread over middle layer. Chill in refrigerator. Cut into 36 squares. May garnish with pecan halves.

NUT SQUARES

Jeanette Ens

1 1/2 cups flour
1/2 cup brown sugar
1/4 cup icing sugar
1/2 cup soft margarine
1 Tbsp water
1/2 cup corn syrup

2 Tbsp margarine
2/3 cup butterscotch chips
2/3 cup chocolate chips
12 oz can mixed nuts, chopped slightly

In 9x13 inch pan, mix together flour, brown sugar, icing sugar and margarine; pat into pan and bake at 350°F for 10 minutes. To a double boiler (with water hot but not boiling) add water, corn syrup, margarine and chips. When melted remove from heat and pour over lower crust. Pat nuts into last layer and return to oven. Bake for 10 minutes or until just begins to bubble. Cut while warm.

PUMPKIN SQUARES

Betty Peters

1/2 cup butter or margarine
1/2 cup granulated sugar
1/2 cup brown sugar, packed
2 eggs
14 oz can pumpkin
1 cup all-purpose flour

1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ginger
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt

Cream margarine and sugar together. Beat in eggs one at time. Slowly beat in pumpkin. Add remaining ingredients and stir. Scrape into 9x13 inch pan. Bake in 350°F oven for about 25 minutes. Cool and frost with cream cheese icing. Chill.

RICE KRISPIE SQUARES

Darlene Cymbalisty

1/2 cup peanut butter
1/2 cup corn syrup
1/2 cup packed brown sugar
1 Tbsp margarine
2 cups Rice Krispies

1 cup peanuts
Icing:
1/4 cup margarine
1/2 cup plus 2 Tbsp cocoa
1/2 cup sugar

Heat peanut butter, corn syrup, sugar and margarine in saucepan over low heat. Stir to melt. When it is hot, pour over the Rice Krispies and peanuts in a large bowl. Stir well to coat evenly. Press in a 8x8 inch pan.

Icing: Combine ingredients in a pan. Heat and stir till melted. Spread over bars. Chill. Cut into small bars.

RICE KRISPIE BARS

Andrea Wiebe

1st Layer:

20 large marshmallows

6 Tbsp margarine

4 cups Rice Krispies

2nd Layer:

3/4 cup sugar

1/2 cup corn syrup

1/2 cup peanut butter

1/2 cup margarine

3rd Layer:

1 cup chocolate chips

3 tsp vegetable oil

1st Layer: Stir and melt marshmallows and margarine over medium heat. Add Rice Krispies. Press into greased 13x9 inch pan.

2nd Layer: Boil sugar and corn syrup until sugar is dissolved. Remove from stove then add peanut butter and margarine. Stir well. Let cool 8 to 10 minutes. Spread on the 1st Layer.

3rd Layer: Melt chocolate chips and vegetable oil in microwave for 30 seconds. Stir and microwave 30 seconds more if needed. Spread on 2nd Layer. Chill in fridge until firm on top.

AUNTY ELEANOR'S ENGLISH TOFFEE

Verna Bloom

1/2 lb butter

3 cups brown sugar

1 cup corn syrup

1 tin sweetened condensed milk

Melt butter in a saucepan and add syrup and sugar. Stir in sweetened condensed milk slowly and bring to a boil, stirring constantly. Boil until a deep toffee colour (it gets quite thick) and pour into pans to cool. When cool, break with a hammer. (Pour in not too thick layers.)

PULL TOFFEE

Denise Schaan

2 cups brown sugar

1 cup corn syrup

3/4 cup water

1 Tbsp butter

1/4 cup vinegar

1/2 tsp salt

1/4 tsp cream of tartar

1 tsp vanilla

Combine all ingredients in a saucepan and cook on medium heat until a candy thermometer reads 250°F. Place bottom of saucepan in cold water until cool enough to handle. Butter hands to stop them from sticking. Pull toffee until light in color. Make a long rope, cut and wrap individual pieces in wax paper.

BAKED CARAMEL CORN

Margaret Dunlop

1 cup butter
2 cups brown sugar
1/2 cup corn syrup
1 tsp salt

1/2 tsp baking soda
1 tsp vanilla
6 qt popped corn

Melt butter. Add sugar and salt. Bring to a boil, stirring constantly. Boil without stirring 5 minutes. Remove from heat. Stir in soda and vanilla. Gradually pour over popped corn, mixing well while pouring. Turn into 2 large shallow baking pans. Bake at 250°F for 1 hour, stirring every 15 minutes. Remove from oven. Cool completely. Break apart.

POPPYCOCK

Iris Keindel

12 to 16 cups popped popcorn
1 cup blanched almonds
1 cup pecan halves
1 cup butter (do not substitute)
1 1/3 cups sugar

1/2 cup corn syrup
1/2 tsp cream of tartar
1 tsp vanilla
1/2 tsp baking soda

Roast nuts in 300° oven for 5 minutes. Mix popcorn and roasted nuts in a large roaster or other similar container. Mix the butter, sugar, corn syrup and cream of tartar into a large pot, stirring until it comes to a rolling boil. Insert candy thermometer; boil to 252°F. Remove from heat and immediately add vanilla and baking soda. Stir until well incorporated. The soda will cause the contents to rise. Add to popcorn and nut mixture and mix well. Place on cookie sheet to cool. Store in airtight container. Enjoy.

STRIPED CHOCOLATE POPCORN

Darlene Cymbalisty

12 cups popped popcorn
2 cups miniature pretzels
1 cup pecan halves, toasted

1/4 cup butter, melted
3/4 cup white chocolate wafers
1/4 cup milk chocolate wafers

In a large bowl, combine the popcorn, pretzels and pecans. Drizzle with butter and toss well. Melt white chocolate wafers in a microwave bowl till melted. Drizzle over popcorn mixture; toss to coat. Spread on foil lined baking sheet. Melt milk chocolate in microwave. Drizzle over popcorn on baking sheet. Let stand in a cool place to set chocolate. Store in an airtight container.

CARAMEL POPCORN

Joelle Percival

1 cup margarine
1/2 cup corn syrup
1 tsp vanilla
2 cups brown sugar

1 tsp salt
1 1/2 cups peanuts
2 gal popped popcorn
1/2 tsp baking soda

Mix all ingredients except vanilla and baking soda. Microwave on high for 8 1/2 minutes. Remove and add baking soda. Mix well. Add vanilla. Pour over popcorn and peanuts and stir.

SNOW CRUNCH

Darlene Cymbalisty

1 lb white chocolate

2 cups each unsalted peanuts,
stick pretzels, Cheerios,
Golden Grahams

Melt chocolate over hot water. Pour over rest of mixed ingredients, mixing well to coat thoroughly. Spread out on a wax paper lined cookie sheet. Cool in the fridge to set. Break up. Keep in covered container in the fridge.

EASTER NESTS

Darryl Schreiner

1/2 cup sugar
1/2 cup corn syrup
1/2 cup butter
2 tsp cocoa

3 cups puffed wheat
3 cups Shredded Wheat
1 tsp vanilla

Place puffed wheat and Shredded Wheat in a large greased bowl. Combine rest of ingredients except vanilla. Cook over low heat, stirring constantly until sugar is dissolved. Continue cooking to firm ball stage (a rolling boil at 4 to 5 minutes seems to work fine). Remove from heat and add vanilla. Slowly pour syrup over the cereal and mix thoroughly. Shape quickly into nests. I use a greased flat bottomed bowl to mold the nests. Makes four, about 4 inches across.

GANACHE (Chocolate Icing)

Leesa Konecnik

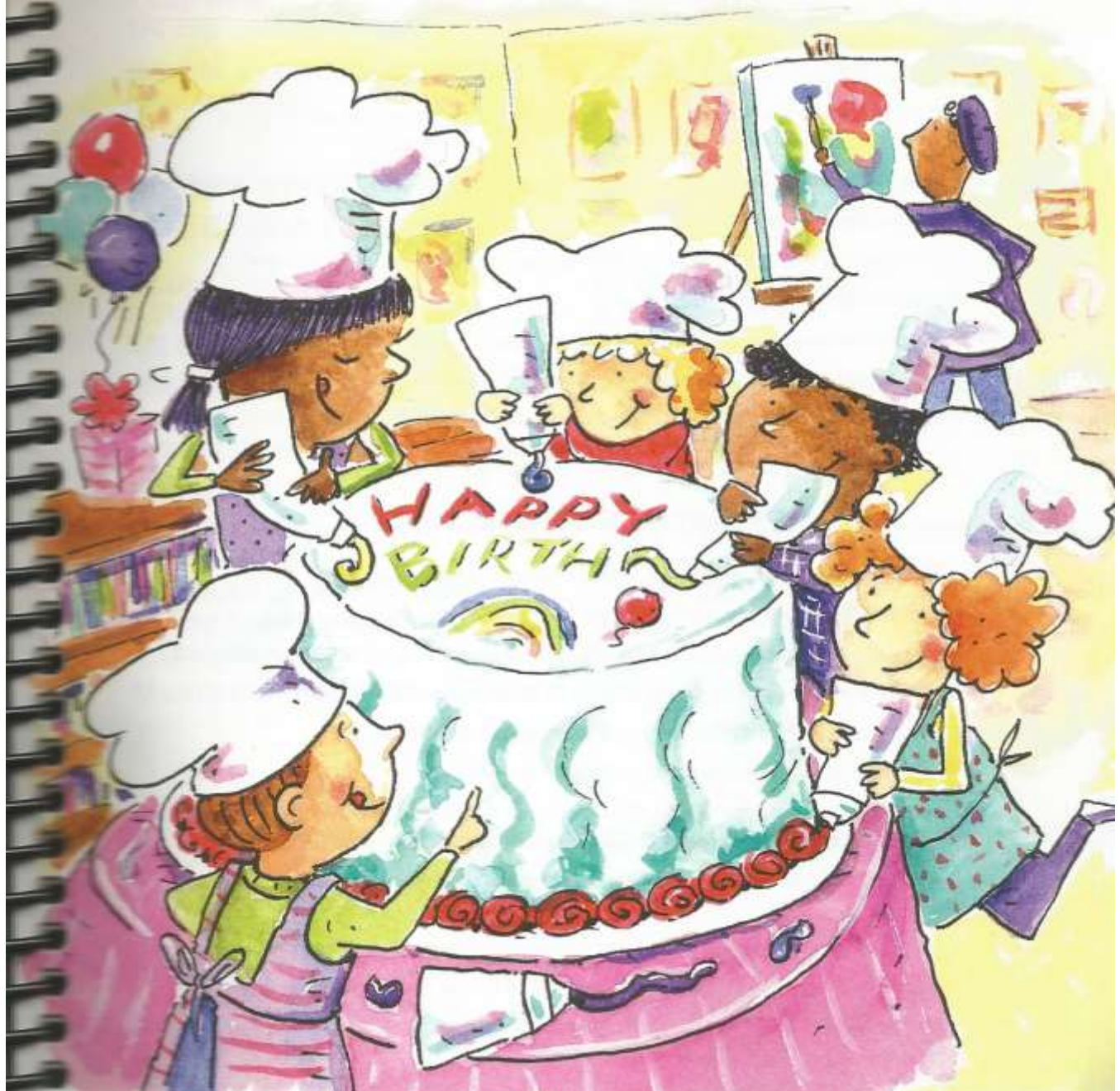
2/3 cup semi-sweet chocolate
chips

6 Tbsp cream
3 Tbsp butter

To melt chocolate place in medium size bowl. Warm cream and butter and pour over chocolate. Let stand for 30 seconds and then mix until smooth. Pour over brownies or cake while warm and allow to cool before cutting into slices.

EXTRA RECIPES

Odds & Ends



FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person.*

For ladies tea parties or showers, allow 1 to 1 ½ slices bread or 2 to 3 small sandwiches per person.*

Approximate number of slices (crusts removed) from loaves

Bread	¾ inch slices	½ inch slices
16 oz loaf	20	16
20 oz loaf	22	18
24 oz loaf	25	22

Butter: Allow ¼ lb per 24 oz loaf.

Filling: To make filling for one 24 oz loaf allow:

- 2 ½ cups chopped meat or poultry
- 12 hard-cooked eggs
- ¾ lb thinly sliced meat or cheese
- 10 to 12 oz peanut butter or jam
- ¾ lb cream or soft cheese
- 2 (7 oz) tins fish

- Use about 2 to 3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).
- Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.
- Use flavored butters and attractive garnishes.
- For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled.
- Chill bread to facilitate slicing thinly.
- Soften butter and beat it until soft and fluffy, to make it easy to spread.
- Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

** Depending on what other food is being served, age group, time of day, etc.*

MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

ODDS & ENDS

KIM'S STIR FRY MARINADE

Lorne Sperling

1/2 cup teriyaki marinade
1/4 cup low sodium soya sauce
2 drops sesame oil

1 tsp Vietnamese chilli garlic
sauce
1 tsp sugar substitute

Mix all ingredients; add meat and let stand for 2 hours, stirring occasionally. This stir fry marinade is great for beef, chicken and pork.

SWEET & SOUR SAUCE

Andrea Wiebe

1/2 cup brown sugar
1 cup water
1/4 cup vinegar

2 Tbsp cornstarch
2 Tbsp soy sauce

Bring to a boil and pour over browned meatballs, ribs or pork. Bake till meat is tender.

MOM'S SWEET AND SOUR MEAT SAUCE

Wanda Aamodt

2 cups brown sugar
3 Tbsp flour
1/2 cup water

1/2 cup vinegar
2 Tbsp ketchup
1 Tbsp soy sauce

Mix sugar and flour together. Mix in all the rest of ingredients. Either boil until desired thickness and pour over meatballs or pour over almost done meat and bake another 20 to 30 minutes. Serve.

DAWN'S CHINESE ROAST OR SPARERIBS

Jane Mair

6 oz Coke (diet or regular)
3 Tbsp brown sugar
3 Tbsp soya sauce

1 clove garlic, crushed
Chuck roast or ribs

Marinate overnight. BBQ or bake in oven.

Share love and it grows; share sorrow and it lessens.

MOM'S HONEY GARLIC MEAT SAUCE

Wanda Aamodt

1 Tbsp butter
3 or 4 cloves garlic
3/4 cup ketchup

1/2 cup honey
1 tsp soy sauce

Melt butter in pot and sauté garlic. Add all the other ingredients and simmer gently until well combined. Add meat or pour over almost done meat and continue baking for another 20 to 30 minutes.

MUSHROOM SAUCE FOR PEROGIES

Linda Johns

4 Tbsp butter
2 Tbsp onion, finely chopped
3 Tbsp flour
1/4 tsp salt
1/8 tsp pepper

10 oz can mushroom soup
1 1/2 cups half and half cream
1 can mushrooms, drained and chopped
1/4 cup fresh dill, chopped

Melt butter in a pan. Add chopped onion and cook slowly until transparent for about 2 to 3 minutes. Add flour (working well into the butter and onions), salt, pepper, mushroom soup and cream. Cook, stirring constantly, over low heat until thickened. Add mushrooms and dill. If too thin, thicken with a little cornstarch. If too thick add milk.

BERRY RED CHUTNEY

Diane Shendruk
Juliette Tokar

2 medium apples, chopped
1 lemon, quartered
12 oz (340 g) bag cranberries
1/2 cup raisins
4 1/2 cups sugar

1/2 cup water
1/4 cup brandy
1 box Certo crystals
Fruit pectin
1/2 cup pecans (optional)

In food processor, process fruits, a few at a time, until coarsely chopped. Add nuts and raisins. Thoroughly mix in sugar. Let stand 10 minutes. Mix brandy, water and pectin in a small saucepan. Bring to a boil. Boil 1 minute. Stir constantly. Add to fruit and continue stirring for 3 minutes. Pour into containers. Cover with lids. Let stand at room temperature until set, 24 hours. Store in fridge for up to 3 weeks or freeze.

Love sees through a telescope, not a microscope.

SASKATOON JAM

Carol Gudmundson

8 cups saskatoons
12 cups rhubarb, diced
12 cups sugar

1/2 cup lemon juice
1 cup water

Grind 1/2 of saskatoons. Leave the rest whole. Boil all ingredients 35 to 40 minutes. Makes 19 to 20 cups.

FREEZER APPLES

Darlene Cymbalisty

1 ice cream pail full quartered
and cored apples
1 cup sugar
8 Tbsp Minit Tapioca

3/4 cup water
1 1/2 cups sugar
3 Tbsp lemon juice

Combine water, 1 1/2 cups sugar and lemon juice in a large pot. Bring to a full boil and then reduce heat. Add apples, peeled if desired, and cook until tender but not mushy. Add remaining sugar and tapioca. Mix well and continue cooking until dissolved and apples have thickened. Remove from heat and cool completely. Bag amounts according to your favorite recipe and freeze. Great for pies and crisps.

GLADYS (MOM'S) HOMEMADE SALAD DRESSING

Linda Lichtenwald

12 egg yolks (or 6 eggs)
1 cup white sugar
1 Tbsp dry mustard
1 Tbsp flour

1 tsp salt
1 cup vinegar
1 cup water

Beat eggs. Add dry ingredients and mix well. Add vinegar and water. Cook in top of double boiler until thick.

*A smile goes a long way but
you have to start it on its journey.*

ROASTED GARLIC

Sue Twigg

1 lb garlic (approx 6 to 8 heads)

Coarse salt

Ground pepper

1 Tbsp fresh thyme leaves

1/2 cup olive oil

Preheat oven to 400°F. Slice off top quarter of garlic head, exposing as much of cloves as possible. Arrange garlic heads cut side up in baking dish. Sprinkle with salt and pepper. Slowly pour oil over heads. Cover dish with foil and roast until bulbs are golden, soft and the garlic protrudes from the skins, about 1 hour. Cool. From the bottom up squeeze out the soft insides. Transfer garlic and cooking oil into airtight container. Will keep in container for up to 2 weeks.

MOM'S GARLIC DILLS

Wendy Sirois

Cucumbers, enough to fill 3 qt jars

1/4 cup pickling salt

1 cup vinegar

5 cups water

3 bunches fresh dill

3 whole red chili peppers

3 cloves garlic

Soak cucumbers in water overnight. To quart jars add 1 bunch dill, 1 clove garlic and 1 whole red pepper; pack in the cucumbers. Boil together water, vinegar and pickling salt or coarse salt for 5 minutes. Spoon brine into jars right to rim top; they will slightly overflow once lids are put on. Make sure lids seal. Excellent crunchy pickles.

MADGE'S DILL PICKLES

Jane Mair

1/4 to 1/8 tsp alum per jar

Dill

80 cloves garlic (4 per jar)

12 cups water

4 cups vinegar

1 cup pickling salt

Place alum, garlic and dill into bottom of each jar. Bring to a boil water, vinegar and pickling salt. Pour over cucumbers and place dill on top. Seal jars and allow to cool. Turn jars upside down overnight. Ready in 2 weeks. Yields 20 quart jars.

*Contentment is not found in having everything,
but in being satisfied with everything we have.*

SASKATCHEWAN ROUGHRIDER SALSA

Glenda Day

- | | |
|---|-------------------------------|
| 18 large tomatoes, skinned and diced | 10 oz can kernel corn |
| 8 medium onions, chopped | 10 oz can black beans, rinsed |
| 3 bell peppers (yellow, green and red), chopped | 6 Tbsp coarse salt |
| 2 3/4 cups vinegar | 3/4 Tbsp dry mustard |
| 8 apples, peeled and grated | 1 1/2 tsp cayenne pepper |
| 8 cloves garlic, chopped fine | 12 oz can tomato paste |
| 4 oz jalapeno peppers, chopped | 2/3 cup sugar |
| | 1/2 tsp paprika |

Mix first 7 ingredients in large stockpot. Simmer for 1 hour or until slightly thickened. Add beans and corn. Stir in salt, mustard, cayenne pepper, paprika, tomato paste and sugar. Boil for 3 minutes. Place in hot jars and seal. This will yield approximately 30 cups. Let stand for 24 hours. Enjoy with corn chips while watching Roughrider game.

BEET RELISH

Darlene Cymbalisty

- | | |
|---|--------------------|
| 10 cups beets, cooked, skinned and grated | 2 cups white sugar |
| 1 1/2 cups vinegar | 1 Tbsp dry mustard |
| 1 1/2 cups water | 1/4 cup flour |
| | 1 tsp salt |

Boil vinegar, water, dry mustard, sugar, flour and salt until thickened. Add beets and cook until beets are hot. Put into jars and seal. Yields about 7 pints.

POPSICLES

Patty Muir

- | | |
|----------------------|-------------------|
| 1 pkg Jello | 1 cup sugar |
| 1 pkg Kool-Aid | 4 cups cold water |
| 2 cups boiling water | |

Dissolve Jello, Kool-Aid and sugar in hot water. Add cold water and pour into moulds. Freeze.

*A thankful heart enjoys blessings twice –
when they're received and when they're remembered.*

TIPS FOR SUCCESSFUL GLUTEN FREE BAKING

D'Arcy Turner

Make your own flour mix.

In baking, a mixture of flours works best. This is why many commercial gluten free flour mixtures contain a number of different flours.

It's helpful to add some guar gum, xanthan gum or gluten free pre-gel starch to gluten free flour mixture because they mimic the properties of gluten and help reduce crumbling in baked goods. You can get these gums from health food stores, specialty food stores and some celiac organizations.

For cakes add 1/4 teaspoon gum per 1 cup/5.5 ounce gluten free flour.

For breads add 1 teaspoon gum per 1 cup/5.5 ounce gluten free flour.

For pizza crust add 2 teaspoons gum per 1 cup/5.5 ounce gluten free flour.

Gluten free gluten substitute is a new ingredient to experiment with.

When using your own flour mixture sift the flours together 3 times and measure by weight not by volume when converting recipes to use.

If you find the taste of regular soy flour a little unpleasant, use debittered soy flour.

You may achieve better results by increasing the amount of baking powder in cake mixes and by adding an additional egg to gluten free pancakes.

Gluten free pastry or biscuit (cookie) dough is easier to work with if you refrigerate it for 30 minutes before forming into biscuits.

Applesauce can be used instead of oil in baking to add extra moisture while reducing fat to gluten free waffles, cakes, pancakes.

You may need to experiment the first few times.

Adding extra eggs, milk powder or soy flour can help to produce a less crumbly texture in gluten free breads and cakes.

Gluten free bread dough often has a batter-like consistency, which means it can't be kneaded and shaped as easily as wheat flour based bread dough. However you can easily make gluten free bread rolls by using pie tins or muffin tins or you can shape moulds out of aluminum foil and place them on a baking sheet.

...Continued

Make sure you store gluten free flours separately from gluten containing flours, in labelled containers, to avoid cross contamination. Brown rice flour and soy flour should be stored in the refrigerator, whereas other gluten free flours can be stored in a cool dark place. For long term storage, keep gluten free flours in the freezer in well sealed containers. Gluten free yeast should also be stored in the freezer.

Gluten free bakery products may not keep their freshness as long as regular versions. You can freeze wrapped individual portions of gluten free bakery goods so you can enjoy them longer.

Using heavy duty tins for baking rather than aluminum ones will help gluten free cakes and breads cook evenly so that the centre is cooked at the same time as the outside, rather than having soggy centre and a hard crust. Test your tins with a magnet. If the magnet sticks to the tin, it's fine to use. Ring shaped tins are particularly good for cakes. To prevent the dough from sticking to the tin, grease the cooking tin before adding the dough or line it with parchment paper.

To produce a good gluten free bakery product, you need the right ingredients and the right oven temperature. Sometimes gluten free baked goods don't work because the oven is not working properly. You can check whether your oven is working properly by using an oven thermometer, which can be purchased from a good kitchenware store.

HOW TO MAKE GHEE (Clarified Butter)

Helena Harder

Take 1 pound of unsalted butter in a heavy medium pan and heat over medium low heat. Butter melting will make bubbling sounds. It turns into a creamy look. Let it heat; slowly all the bubbles will vanish and milk solids settle at bottom of the pan in about 20 to 25 minutes. It is clear and no popping sounds are heard any more. Ghee is a golden yellow liquid. Take it off the heat otherwise it can burn and goes brown too fast and gives a different odour. Pour through a strainer into a stainless steel, glass or ceramic container with a lid on it. Cool it down and store at room temperature in cool dry place or in refrigerator. Sometimes you notice some remains of foam floating when they are strained off. If you stir with a spoon to foam they fall to the bottom. Author makes fresh ghee from 5 to 6 pounds butter every month for kitchen use exactly with the above method, which he learned from his mother. Salted butter can be used but takes little more time to make, because salt adds more water to it.

ALL-PURPOSE GLUTEN FREE FLOUR MIXES

D'Arcy Turner

Mix #1:

6 parts rice flour
2 parts potato flour
1 part tapioca flour

Mix #2:

2 parts soy flour
1 part rice flour
1 part potato flour

Mix #3:

1 part soy flour
1 part potato flour

Mix #4:

4 parts soy flour
4 parts potato flour
1 part rice flour
1 part glutinous rice flour

Mix and store in airtight container. (Option for Mix #3: Replace potato flour with rice flour or maize corn flour/cornstarch.)

FLOUR MIXES

Ghenet Adhanom

Gluten Free Flour Mix:

2 parts white rice flour
2/3 part potato starch flour
1/3 part tapioca flour

Bread Flour Mix:

1 part white rice flour
1 part brown rice flour

2/3 part potato starch flour

1/3 part tapioca flour

Bean Flour Mix:

1 part light or dark bean flour
1 part cornstarch
1 part tapioca flour

Gluten free and bean flour mixes can be stored in dry cupboard. Bread flour mix must be stored in refrigerator or freezer.

SELF-RISING FLOUR

D'Arcy Turner

2 Tbsp potato flour
1 cup minus 2 Tbsp white rice
flour

1/2 tsp baking soda
1/2 tsp cream of tartar
1 tsp xanthan gum

Sift together. (Option: Substitute guar gum for xanthan gum.)

JOCKS WINDOW CLEANER

Jane Mair

1/2 cup ammonia
1/2 cup vinegar

2 Tbsp cornstarch
1 cup hot water

Do not wash windows on a sunny day!

JOY LOGS

Vicky Wiley

1/4 lb blue stone

2 lb salt

6 qt hot water

Paper logs

Put in crock and pour over it the hot water; stir until dissolved and then put in your paper logs. Change about end to end until all the liquid is absorbed, it takes only a few minutes. This makes about 12 logs. To make paper logs, roll paper or magazines as tightly as possible and tie with cord. After the logs have absorbed as much liquid as possible, allow to dry thoroughly. When dry roll in red paper and twist ends to resemble a huge cracker. Place upon a good bed of coals in your fireplace and turn out the lights.

Found in a 1944 cookbook.

ANT DESTROYER

Vicky Wiley

Of all the cures for the riddance of ants the only thing I have found to really work is the use of coal oil even around the sink or cupboard. The smell soon evaporates but the remedy lingers on, so don't be afraid to use it. Put some oil in an old saucer and paint around the flour, quarter round, mouldings and even the back of the sink and cupboards with a small old paintbrush.

Found in a 1944 cookbook.

SOAP

Vicky Wiley

6 lb grease

16 qt cold soft water

2 cans lye

1 cup (1/2 lb) borax

1 cup (1/3 lb) resin

Place ingredients in boiler. Boil gently for 2 hours, stirring occasionally. Remove from stove and add a box of flake soap, stirring well. Leave in boiler until the morning, then turn out and cut into bars and store in a dry place.

Found in a 1944 cookbook.

*We are not at our best when we are perched at the summit;
we are at our best climbing – even when the way is steep.*

HELPFUL HINTS FOR THE HOME FROM 1923

Vicky Wiley

When putting new peas on to boil, add a small pinch of baking soda. This helps to keep them a nice green colour.

A pinch of cream of tartar added to boiling syrup for icing keeps it from getting sugary.

For thickening the gravy of chicken stew, or clear soup, try sago. It takes about 20 minutes to cook.

Put a piece of stale bread in cabbage when boiling. This will lessen the disagreeable odour which comes from cabbage.

Make a sauce for asparagus with same water with which it has been cooked.

Put a little alum in pickles when making. This will make the pickles crisp.

All old vegetables cook in cold water. All new vegetables cook in boiling water.

All vegetables grown underground, salt after they are cooked. All vegetables grown above ground, salt before they are cooked.

Cranberries and snow apples combine well for jelly.

To make tender, put a little soda in vegetables.

In making jelly, boil juice 20 minutes. Heat sugar in oven. Then stir into boiling juice. Boil all together 5 minutes.

In taking out iron rust, sprinkle lemon juice and salt over spots of rust, then hold over steam. Try spout of kettle for quick service.

Try putting a little alum in jelly that refuses to gel.

When in a hurry use a cup or bottle for rolling crackers into crumbs.

When stewing meats put a perforated pie plate at bottom of pot to keep meat from sticking.

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